

Mountaineer

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Photo by Spc. Clint Stein

A new change

After taking command, Col. Richard N. Bopp Jr., left, passes the 5025th Garrison Support Unit guidon back to the unit's sergeant major, Master Sgt. Wayne Brewster, right, during the unit's change of command ceremony at Manhart Field Sunday.

3rd ACR troopers continue to serve

Story and photo by Sgt. 1st Class Donald Sparks

3rd Armored Cavalry Regiment

Soon after his arrival back home from Operation Iraqi Freedom, Spc. Aaron Ziegler knew exactly what he wanted to do — stay in the Army and continue to serve.

A food service specialist assigned to Headquarters, Headquarters Troop, 2nd Squadron, 3rd Armored Cavalry Regiment, Ziegler recently re-enlisted. Ziegler and 639 other Soldiers of the 3rd ACR recited the Oath of Reenlistment during a mass re-enlistment ceremony at Fort Carson.

“For me, I wanted to continue the lineage of men in my family who have served in the military for our country,” Ziegler said. “Also, when I look back at what the 3rd ACR accomplished in Iraq, I’m just extremely proud to be a part of something special.”

Both Ziegler’s father and grandfather served in the U.S. Army

Maj. Gen. Robert Mixon, 7th Infantry Division and Fort Carson commanding general, gave remarks and specifically thanked the family members, “because without families none of this would be possible,” he said.

Col. H.R. McMaster, 3rd ACR commander, said that since the regiment’s existence, cavalry troopers have continually answered the call to serve, as they did today, amidst the demands of the Global War on Terrorism.

“Because of their combat experience, these troopers will be invaluable to our Army and the Soldiers they will lead in the future,” McMaster said. “It is difficult for some to understand why these Soldiers have stepped forward to continue to bear that burden because it is easy to recognize the risks and sacrifices that come with service to our Army.”

“It is difficult to understand the less

tangible rewards of service — knowing that you are making a difference in an endeavor greater than yourself and knowing that you are part of a team in which the Soldier next to you is willing to give everything, including his or her own life for you,” McMaster added.

McMaster led the troopers in reciting the Oath of Re-enlistment once more to reaffirm the choice clearly made by the men and women standing in formation.

The ceremony was planned by 3rd ACR career counselors and retention noncommissioned officers to recognize and congratulate all the Soldiers for their selflessness and dedication to duty.

Also the regiment wanted to thank the families who support their Soldiers to stay and serve in uniform. Yellow roses and certificates of appreciation were given to spouses attending the event as a token of appreciation for their support.

According to Master Sgt. William Koke, 3rd ACR senior career counselor, the regiment has already achieved 135 percent of its annual re-enlistment goal. During the past seven months, more than 1,100 Soldiers have re-enlisted, with hundreds re-enlisting while the unit was still in Iraq.

“Of that number, 358 were first-term re-enlistees and in one week alone, 280 Soldiers re-enlisted to continue service to the nation,” Koke said.

Koke mentioned 95 percent of the Soldiers who re-enlisted served in Operation Iraqi Freedom III. More than 280 re-enlisted to stay at Fort Carson, 55 for stateside assignments and 38 for overseas assignments.

Ziegler re-enlisted for an assignment to Supreme Headquarters Allied Powers Europe, Belgium.

“The decision was easy for me to stay,” Ziegler said. “I’m proud to be a Soldier.”



Spc. Lamont James, center, 3rd Armored Cavalry Regiment, recites the Oath of Re-enlistment during the unit's mass re-enlistment ceremony held May 5 at the Special Events Center.

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'Just ICE me'; Customer service starts here

Commentary by Karen Linne
Public Affairs Office

I'd read about it. I'd seen a poster advertising it, somewhere. And yet, when I had a bad customer service experience on the installation, I hesitated. "What was that Web site?" I thought to myself.

"Can I really tell them how things went?"

Off the top of my head I couldn't recall the Interactive Customer Evaluation Web site. I knew the acronym all right, but was having trouble with the Internet address. I knew that ICE was designed not only for moments like I'd just experienced but also for when something good happens. ICE provides customers the opportunity to comment about their experiences using the "comment card" feature. The site also gives information about post services.

The truth is, I rarely have poor customer service experiences on post. Mostly, people seem kind and considerate. They seem

to enjoy their jobs, or at least they put on their "happy faces" at work. Whichever it is, they seem pleasant enough.

It's not just the traditional customer-service folks you think of either — the cashiers and associates at the post exchange, shoppettes and fast-food joints — nearly everyone that works on the installation is doing a customer service-related job. After all, if it weren't for people like me (and you), they wouldn't have to work there, right?

I've done my fair share of out-on-the-front-line customer service

jobs. I've waited tables, worked in fast-food restaurants, telemarketed and been a customer service rep. I thank God daily for allowing me the opportunity to go to college and leave those jobs behind. I also hope His light shines upon me and I never have to go back to those days.

You see, I learned that "the customer is always right" — the mantra taught by most customer-service based businesses. I learned it early and remembered it always. I didn't always like it, but I behaved like it was sacrosanct. And the truth is, some people take advantage of "believers" like me. They know, as a customer, that they are not always right and, in fact, often are so far off base they can't even see the infield. But nonetheless, they continue asking for more than they should get, sticking to their motto, "the sky's the limit."

Why do I avoid front-line customer service jobs? Because I like to believe the world is mostly filled with nice people. Unfortunately, I've encountered too many of the "sky's the limit" folks.

I'm trying to recover. I hope by the time I'm 60 or so I'll be able to work as a greeter at the local discount store without a huge prescription for an antidepressant. I really want to believe that people are mostly good ...

Truth is, I'm still in a customer-service related job. I'm still trying to please customers, our readers. Realizing this, and that I may not always succeed; I try to put on my "happy face," too.

Remembering what the

mission is, no matter what it is, can keep customer — service based employees from straying. I truly believe that.

My experience that necessitated ICE was not a good one. I'll remember it for a long time. I went home and filled out an online comment about that experience. I found the Web site through a search engine ... and it's <http://ice.disa.mil>. You can use it, too.

I felt awful about doing it, for about a minute. I knew that someone was probably going to get into trouble, or at least have a one-on-one with a management member about my comments. But I filled it out anyway because I knew someone in that organization needed to know what was happening when they weren't around.

Earlier this week I went into a different post facility, the Main Post Exchange, and had a great experience. An associate in the lawn and garden center smiled, greeted me and offered me his assistance long before I'd even had the chance to look confused. At the check out, the associate was extremely pleasant, offered me additional items (as the sign near her cash register said she would) and said "thank you!" Not everyone does that these days, you know. I'd say the PX staff went above and beyond to ensure good customer service, and you know what? I "ICED" them, too.

Even though store managers may know they've hired good employees, they need to know that someone recognizes their efforts ... and appreciated them.

I know that people can "ICE" me, too. But I'm not afraid ... go ahead, "ICE" me; because top-notch customer service starts here.



Recognize military spouses for their contributions

Pentagon Telecommunications

In 1984, President Ronald Reagan proclaimed May 23 as the first Military Spouse Day to recognize the important role military spouses play in the readiness and well-being of the nation's armed forces. The Secretary of Defense standardized the day as the Friday preceding Mother's Day in 1985. This year Military Spouse Appreciation Day is observed today.

For 231 years, American Soldiers have answered the nation's call to duty. Today, Soldiers continue to answer this call with their boots on the ground. What is different today is that the all-volunteer force is being tested for the first time in modern history in

a long war. Army spouses, like Soldiers, have answered this call to duty and remain committed to their brave men and women as they face this dangerous and complex 21st century security environment. Spouses' dedication, devotion and contributions make them integral to the Army of One.

Army spouses play a critical role during this challenging time of war and Army Transformation. They provide encouragement and moral support to Soldiers.

During deployments, they reassure Soldiers and provide family stability. They support the communities in which they live and the units where their spouses are assigned, contributing to a sense of belonging that builds readiness and cohesion.

They provide care for their spouses who are wounded, and in the most difficult of circumstances, they carry the burden of carrying on for their Soldiers who have fallen.

Today, Military Spouse Day, pay special tribute to Army spouses and honor their magnificent commitment to Soldiers and the Army. Without their patriotism, sacrifices and support, this high-quality Army could not be sustained.

Although the Army enlists Soldiers, they retain families, and the Army spouse is a critical factor in a Soldier's decision to re-enlist. The Army spouse's answer to his or her own call to duty has been instrumental in sustaining all components of the Army-active, National Guard and Reserve.

MOUNTAINEER

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NEWS

America's Army computer game up for \$100K grant

Army News Service

WASHINGTON — America's Army computer game is among four federal initiatives named finalists for the prestigious Innovations in American Government Award.

If it wins, the Army will receive a \$100,000 grant supporting the dissemination of the initiative's innovation to other jurisdictions.

America's Army is a virtual online experience that has revolutionized the way Americans learn about, and potentially prepare for, Army career opportunities.

Founded in 1986, Innovations in American Government Awards is a program of the Ash Institute for Democratic Governance and Innovation at Harvard University's Kennedy School of Government. The award is administered in partnership with the Council for Excellence in Government in Washington, D.C.

"This year's finalists are the best and brightest. They represent government's great capacity for creating positive change and achieving results," said Gowher Rizvi, director of Harvard's Ash Institute. "Each of these efforts takes a creative approach to a significant problem and demonstrates that their solution works."

Stephen Goldsmith, director of the Innovations in American Government Awards said, "When you learn about the very different kinds of problems each of these four programs tackles, and the creative ways they do it, it gives you a renewed confidence in the quality and commitment of our federal public servants. By shining a bright light on these innovators, we hope to encourage others in government to follow their amazing lead."

The prize money is awarded specifically to support winning programs in the teaching of their model to other jurisdictions.

Three other federal innovations among the 18 finalists are:

Grass Roots Conservation Program at the U.S. Fish and Wildlife Service — rewards voluntary conservation of habitats for wolves, trout, grizzlies and other wildlife in the Blackfoot Watershed through cooperative, community-based partnerships.

Health Information Technology at the U.S. Department of Veterans Affairs — maintains a patient's electronic health-care history, substantially reducing administrative costs and demonstrably improving clinical decision-making. Patient files are readily available, easily searchable and proactive in that they alert providers to vital patient information.

New Alliance Task Force at the Federal Deposit

Insurance Corporation — provides historically "unbanked" immigrant communities with tools and services that allow them to avoid high-cost and/or predatory providers, become homeowners through access to mortgages and learn about personal financial management.

The winners of the Innovations in American Government Awards will be selected later this month following presentations finalists will make before the National Selection Committee at Harvard University's John F. Kennedy School of Government May 25. Winners will be announced July 10.



VFW buys phone time for troops

Army News Service

This Mothers' Day, deployed troops at select locations in Iraq will be able to call home free, courtesy of the Veterans of Foreign Wars.

For 24 hours Sunday, the VFW will foot the bill for all voice over IP phone calls from 191 phone and Internet cafes throughout Iraq.

The connection time, according to Operation Uplink manager Linda Ferguson, will allow service members in isolated locations throughout Iraq to connect to U.S. phone numbers via Internet telephone service.

Ferguson said the VFW-sponsored Free Call Day is an extension of the Operation Uplink phone card program, which, since 1996, has provided millions of free phone minutes to deployed service members and hospitalized veterans.

"There are some locations overseas where phone cards do not work," she said.

"Sponsoring Free Call events, like this one on Mother's Day, for the military-operated Internet telephone service allows us to fill that gap and extend free calling time to any service member virtually anywhere U.S. forces deploy."

Ferguson said phone calls and connecting with those back home is key in maintaining and boosting troop morale.

While the satellite phone system used at Morale, Recreation and Welfare cafes offers Soldiers the ability to call family and friends in the U.S. at discounted rates, Operation Uplink is focused on giving Soldiers a break and providing the service free for a day.

"It is the least we can do," Ferguson added, "considering all the sacrifices they are rendering on behalf of the American people.

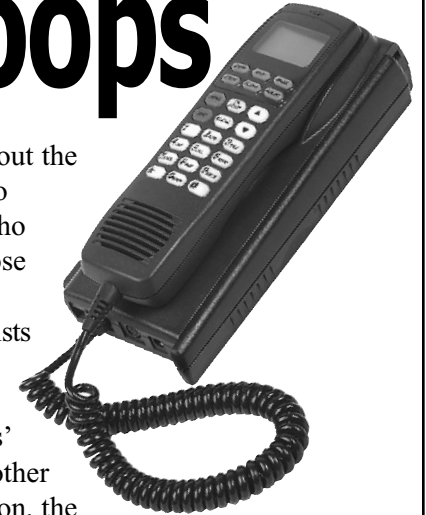
"This Free Call Day is for them and is the VFW's way of saying 'thank you'.

The VFW hopes to provide additional Free

Call days throughout the year to continue to "Connect those who Serve ... With those who Care."

The VFW assists all veterans and their families in obtaining veterans' entitlements and other services. In addition, the organization works for the well being of those serving on active duty, in the National Guard and Reserves.

Annually, the VFW contributes more than 14 million volunteer hours and more than \$50 million toward community-service projects. The VFW was founded in 1899. There are 2.4 million members of the VFW and its auxiliaries in about 9,000 posts worldwide.



MILITARY



Photo by Lt. Col. David Johnson

Breaking ground

From left, Mark Earle, Colorado Springs Airport manager, Col. Michael Resty Jr., Fort Carson garrison commander, Maj. Gen. Thomas D. Taverney, Headquarters Air Force Space Command vice commander, Maj. Gen. Robert W. Mixon Jr., 7th Infantry Division and Fort Carson commanding general, Lionel Rivera, Colorado Springs mayor and Col. Jay Santee, 21st Space Wing commander, break ground May 3 for the Arrival Departure Airfield Control Group Complex at the Colorado Springs Airport. The \$50 million state-of-the-art facility will be built on 80 plus acres at the south end of the Colorado Springs Airport and Peterson Air Force Base. Once complete, it will have the capability to deploy more than 1,200 troops at one time. This is a joint venture between the Army and the Air Force. The Air Force will provide airlift support for deploying troops. This type of deployment facility is currently being used by all branches of service to deploy mass numbers of troops (in a joint capacity) to all parts of the world in support of the Global War on Terrorism.

Military briefs

Miscellaneous

Armed Forces Week — The Armed Forces Award Luncheon will be held Thursday at the Broadmoor International Center. Reservations must be made by today. To register visit the Web site at www.coloradospringschamber.org or call 575-4390. Cost is \$55 for the public, \$30 for active-duty Soldiers, Reservists, Department of Defense civilians and public officials.

In celebration of Armed Forces Week, the United States Air Force Academy Band will perform Tuesday at 7 p.m. at Pikes Peak Center. The event is free. Tickets can be obtained from Ticketswest.

Field sanitation team certification — The 10th Combat Support Hospital will host a field sanitation team certification course Monday through May 19 at bldg 1187 from 9 a.m.-5 p.m. Space is limited. E-mail Leericka.Strong@carson.army.mil for details or enrollment.

Retirement Services moves — To better serve Soldiers, the Retirement Services Office has moved to bldg 1042, the Soldier Readiness Processing site. Offices are located on the third floor within Transitions. Chief, Retirement Services is located in room 313, Survivors Benefit Counselor, room 338, Preretirement/Medical Disabilities, room 302, and Post-Retirement/Final Outprocessing, room 308.

Retirement briefings will remain in bldg 1218 (Welcome Center), second floor, room 221, every second and third Wednesday at 8 a.m. For more information call 526-2840.

Prime Power recruiting — The U.S. Army Prime Power School at Fort Belvoir, Va., is looking for specialists and nonpromotable sergeants from any branch to reclassify to Prime Power Production Specialists. Candidates must have a general technical score of 110 with ST and EL scores of 107, have had a minimum of high school Algebra and score at least 70 percent on the Basic Math and Science Test. Classes begin twice per year and applications are accepted year-round. More information can be found at the Web site <https://pps.belvoir.army.mil> or call Sgt. 1st Class Stephen Hester at (703) 806-3748.

Joint Personal Property Shipping Office — The Joint Personal Property Shipping Office is scheduling group briefings to accommodate Soldiers set to depart the Mountain Post this summer. Individual briefings will not be held except in emergencies. Beginning Wednesday, all briefings will be group briefings. Soldiers must make an appointment to attend group briefings by calling 526-3755 or stopping by bldg 1220.

Welcome Center changes hours — The Welcome Center, bldg 1218, has new hours. Hours of operation are Monday-Friday, 7 a.m.-5 p.m.

Officer Candidate School board cancelled — The local OCS board set for May 22-23 has been cancelled due to the Department of the Army board cancellation (originally set for July 17).

Look in future editions of the *Mountaineer* for details on upcoming boards.

Female sexual abuse survivors — A group for active-duty female sexual abuse survivors meets Thursdays at Evans Army Community Hospital's Behavioral Health section. Call 526-7177 and ask for Dr. Kay Beaulieu for more information.

Learning Resource Center offerings — The Learning Resource Center, located in the Education Center, bldg 1117, room 216, offers academic review including GT preparation, GED assistance, placement tests including SAT, ACT, GRE, GMAT and more.

Patrons may also use computers to check e-mail, surf the Internet or navigate desktop application tutorials. Hours of operation include Monday-Thursday 9

a.m.-8 p.m. Friday 9 a.m.-5 p.m. and Saturday 10 a.m.-3 p.m. For more information call the Learning Resource Center at 526-4058/8077.

CIF Hours

Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m.-11:30 a.m. and 12:30-3 p.m. and Fridays from 7:30 a.m.-11:30 a.m.

Initial issues

Mondays through Fridays from 7:30-11:30 a.m.

Partial issues

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

Cash sales/report of survey

Mondays through Thursdays from 7:30-11:30 a.m. and 12:30-3 p.m. and Fridays from 7:30-11:30 a.m.

Direct exchange

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

Partial turn-ins

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays call 526-3321.

Unit issues and turn ins

Call 526-6477/5512 for more information.

Hours of operation

Education center hours of operation — The Mountain Post Training and Education Center's hours are as follows:

- **Counselor Support Center** — Monday through Thursday, 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.

- **Army Learning Center and Basic Skills Classes** — Monday through Thursday, 9 a.m.-noon, closed training holidays.

- **Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday through Friday, 7:30-11:30 a.m. and 12:15-4:15 p.m., closed training holidays.

- **Basic Skills Education Program/Functional Academic Skills Training** — Monday through Thursday, 1-4 p.m., closed training holidays.

- **eArmyU Testing** — Monday-Friday, 12:15-4:15 p.m., closed training holidays.

Military Occupational Specialty Library — Monday through Friday, 10 a.m.-2 p.m., closed training holidays.

Claims Division hours — The Claims Division office hours are Monday through Thursday from 9 a.m.-5 p.m, closed Friday and federal and training holidays.

To make a personnel claim, Soldiers must attend a mandatory briefing which is given Mondays and Wednesdays at 10 a.m. and 2 p.m. At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

DFAC hours — Fort Carson dining facilities operate under the following hours:

Wolf Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Indianhead Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Butts Army Airfield — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

Patton Inn — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-

1 p.m. and 4:30-6 p.m.

Striker Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

10th SFG — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

Post shuttle

The post shuttle runs from 8 a.m.-8 p.m. Monday through Friday, excluding holidays. The last pickup is at 6:57 p.m.

Here's a list of stops and times (expressed as minutes past the hour):

1. 43rd ASG barracks, bldg 756, :00-:30
 2. * Welcome Center, bldg 1218, :02-:32
 3. * MEDDAC barracks, bldg 1013, :04-:34
 4. * SRP site, bldg 1042, :07-:37
 5. Across from McKibben Gym, bldg 1049, :09-:39
 6. Family Connection, bldg 1354, :11-:41
 7. IG Office, bldg 1659, :13-:43
 8. 3rd HBCT Hq, bldg 1852, :15-:45
 9. Barracks, bldg 2060, :16-:46
 10. * 2nd BCT Hq, bldg 2350, :17-:47
 11. Barracks, bldg 2450, :16-:46
 12. Reserve Training Center, bldg 3450, :21-:51
 13. * Occupational Health, bldg 2059, :25-:55
 14. * Outdoor Rec, bldg 2429, :28-:58
 15. 10th SFG, bldg 7416, :34-:04
 16. Golf course, bldg 7800, :39-:09
 17. * Evans Hospital, bldg 7500, :43-:13
 18. * Colorado Inn/Elkhorn, bldg 7301, :46-:16
 19. * Main PX, bldg 6110, :49-:19
 20. * Mini-mall, bldg 1510, :51-:21
 21. * Army Community Service, bldg 1526, :53-:23
 22. Xtreme's, bldg 1532, :55-:25
 23. Lot across from HQ, bldg 1430, :57-:27
- * These stops connect to a Metro City Bus link.

Briefings


Special Forces briefings — will be held Wednesdays at bldg 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m.

To meet the minimum requirements for Special Forces, Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical.

Call 524-1461 or visit the Web site at www.bragg.army.mil/sorb.

ACAP briefing — The Army Career and Alumni Program preseparation briefing is required for all departing service members. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. All users of ACAP must know their Army Knowledge Online user name and password. ACAP preparation briefings are held Monday through Friday from 7:30-9 a.m.

Attendees should report to ACAP by 7:15 a.m, bldg 1118, room 133. Call 526-1002 to schedule the briefing.



"Better Opportunities for Single Soldiers"

BOSS meeting — The post BOSS meeting, for BOSS representatives, meets the third Thursday of each month at Xtremes from 1:30-3:30 p.m. For information, call 524-BOSS.

Dagger Brigade deploys to Fort Riley

by Sgt. Zachary Shumway
2nd Brigade, 91st Division

As the U.S. focus in the Global War on Terrorism shifts from counter-insurgency operations to building Iraqi and Afghan self-reliance, the requirement to build an increased number of well trained transition teams has increased significantly.

The Army is dedicating one of its premier training units, the 2nd Brigade, 91st Division, known as the “Dagger Brigade,” to help build this capability at Fort Riley, Kan.

This consolidated training center, known as the Fort Riley Training Mission, is critical to Army’s refinement and improvement of training techniques for personnel of the elite military transition teams who deploy to Iraq and Afghanistan to train their military and security forces.

Until recently, the Army has conducted TT training utilizing several training brigades at various locations across the continental U.S. The requirement for a long-term, sustainable, sourcing and training strategy for transition teams led to the consolidation and standardization of all TT training at Fort Riley. In addition, the 1st Infantry Division is being reorganized

and moved to Fort Riley to conduct this training.

The Dagger Brigade was selected to provide an interim training capability at Fort Riley while the 1st Infantry Division relocates. The brigade is building the training model and will teach, coach and mentor the first TT due to its demonstrated ability to prepare Soldiers for the rigors of war.

“This mission is critical to shifting the fight to the Iraqi and Afghan military and security forces. We are proud to have been chosen to lead this mission,” said Col. Raymond Lamb, Dagger Brigade commander.

Since 2002, the brigade has successfully trained more than 40,000 Soldiers. The brigade’s trainers are active Army, Army Reserve and National Guard Soldiers, many with recent combat zone deployments.

“Our brigade conducts tough, repetitive, hands-on, realistic training that is theater specific. This training produces leaders and Soldiers who are confident, competent and disciplined, with the skills, knowledge and abilities to survive in combat,” Lamb said.

A key part of the TT training is the conduct of theater-specific immersion training. “Our goal during the deployment at Fort Riley is to replicate the



Photo by Staff Sgt. Alyn-Michael MacLeod, 2nd Brigade, 91st Division

The 2nd Brigade, 91st Training Support Division from Fort Carson conducts tough, realistic training that is theater specific. The brigade was recently chosen to build the training model at Fort Riley, Kan., and to teach, coach and mentor the first of the elite transition teams there who will deploy overseas to train Iraqi and Afghan military and security forces.

conditions faced by Soldiers in Iraq. Soldiers will live in a Forward Operating Base and interact with the local population. They will teach, coach and mentor Iraqi security forces, work and patrol in local towns and villages designated to imitate conditions

in theater. We want Soldiers to face theater-specific challenges for the first time in training, not in a combat zone,” Lamb said.

Transition teams consist of 10 to

Carson Soldier races through rough terrain

by **Spc. Courtney Pace**
2nd Brigade Combat Team

The thrill of racing over rocks in a vehicle built by oneself is a great adrenaline rush for many people, including a Soldier at Fort Carson.

Sgt. 1st Class Jason M. Taylor, the noncommissioned officer for S-3, 2nd Brigade, 91st Division, has been a participant in Xtreme Rock Racing for two years and is looking forward to his upcoming race June 3 for the XRRA National Series Points Race in Colorado Springs.

"It's so fast paced and so fun that when you get done with the course it's hard to take your helmet off because your hands are shaking so bad from adrenaline," Taylor said.

The excitement started in 2004 when Taylor returned to the U.S. from Iraq. He said he had been back for two to three months when he attended a rock race in Colorado with a friend and became hooked on the sport.

Taylor said he started racing in 2005 when he built his own rig. Taylor wasn't a novice to the idea of rock racing as he had competed in rock crawling competitions. However, that became too political, he said, so he eventually lost interest in it.

However, rock racing proved to be more Taylor's speed.

"It's definitely a trip," he said. "You get in that thing and it's loud, it's fast and it's a handful."

Taylor said he is looking forward to this year's races.

"Last year we had fun and the races were great, but there's something about this year that just feels like it's going to explode," he said.

More sponsors have signed up and Taylor said there are more teams competing this year as more people have taken up an interest in the adrenaline rush.

"I hope it's big because it's a really cool venue," he said.

The venue has the atmosphere of a large tailgate party or a carnival, Taylor said.

"I'm looking forward to it because it's a hometown race," Taylor said. "All my friends will be there. I just want to do good and have fun."

The race will be a reunion of sorts for Taylor, but it will also be a second chance to finish the Colorado Springs race as his vehicle broke during the race last year.

"During the Colorado Springs race last year, I broke the whole rear end out of the rig," Taylor said. "I'm



Courtesy photo

Sgt. 1st Class Jason Taylor jumps his rock racing vehicle during a race.

excited to try again this year."

The rock racing environment may seem chaotic and out of control, but Taylor said there are extreme safety measures put in place. He said there are course marshals who make sure drivers stay within the boundaries of the course and they will stop and disqualify anyone who does something unsafe.

Taylor said that anyone interested in rock racing needs to have the finances to build a good rig that will hold up.

"Make sure it's right because it (racing) is hard on equipment," he said.

The June 3 race in Colorado Springs will occur at Ram Off-Road Park. Take Highway 24 East to State Highway 94. Go east towards Schriever Air Force Base, go six miles and the event will be to the left.

The gates open at 8 a.m. and the race starts at 9:30 a.m.

Tickets are \$10 for adults and children under 8 are free. Military personnel receive \$2 off on their tickets.

For more information go to www.RockRace.com or call 208-340-5903.

OIC brings experience to combatives program

by **Spc. Courtney Pace**
2nd Brigade Combat Team

The newest face in the Modern Army Combative program brings his knowledge of fighting and championship wins to the program as he steps in as the new officer in charge.

Capt. Eric Albarracin, of the Individual Readiness Training Company, 7th Infantry Division, recently competed in the Pan American Championships Sambo Qualifier at the American University in Washington, D.C., May 6 where he took first place.

“I actually used some submissions (techniques) I learned in combatives (MAC) to win the tournament,” Albarracin said.

His win qualifies him to compete at the Pan American Sambo Championships in Rio de Janiero, Brazil, May 29 - June 5.

Albarracin said he has wrestled since high school and has practiced freestyle (wrestling) for most of his career, but he recently switched to Greco-Roman. His first time to fight Sambo was at the Pan American Championships Sambo Qualifer.

The day before the qualifier championships, Albarracin competed in the Northern Plains Regionals in Waterloo, Iowa. Albarracin said his win at Waterloo qualified him to compete in the World Team Trials for Greco-Roman.

Winning two competitions in two different categories in the same weekend seems like a lot, but Albarracin said he is also a five-time Armed Forces Champion in freestyle and his win this year qualified

him to compete in the Military World Championship for freestyle. He said he has three upcoming competitions in three different styles.

“I first got started basically because (wrestling) has weight classes,” he said. “It’s an individual sport and you can’t blame anyone else, win or lose.”

Albarracin said he attended college at Arizona State University, Tempe, Ariz., where he was a three-time university national champion. He then moved to Colorado Springs to enter in the Olympic Training Center Freestyle Resident Program.

The program, Albarracin said, allowed wrestlers to live and train at the Olympic Training Center fulltime.

“There, I saw the Army team come into the Olympic Training Center to practice,” he said.

It wasn’t only their athletic skills, but their camaraderie for one another that Albarracin said made him desire to become a part of that team. He said he soon commissioned in the Army and has been in the Army for the past eight years.

While attending Officer Candidate School in 2001, Albarracin said he underwent combative training, which was part of the OCS curriculum. Albarracin said it was (Fort Carson) that he first met Matt Larson, the director for the MAC program.

“I enjoyed the aspect of combatives, it was something else new to learn,” Albarracin said.

He said he is very open-minded and doesn’t think wrestling, Jiu-Jitsu or Muay Thai are the best martial arts forms. However, Albarracin said he thinks MAC will be the hybrid form of them all.



Courtesy photo
Capt. Eric Albarracin, Individual Readiness Training Company, 7th Infantry Division, shows off the two gold medals he’s won this year in martial arts and wrestling.

“World Class Athlete Program Soldier athletes sometimes get a bad rap because we train almost full-time, but in reality we’re Soldiers first and we do have to maintain a professional military career,” Albarracin said. “However, combatives is a way the Soldier-athlete can use his or her athletic ability, technique, Warrior Ethos and hand-to-hand combat experience to permeate the force as a whole. That’s the kind of impact I will try to bring to the program that already has certified, competent, skilled and die-hard instructors.”

You can find the *Mountaineer* At These Off Base Locations

Air Force Recruiting Offices

All-in One Drycleaning
1605 La Shelle Way

American Legion Post #38
6685 Southmoor Dr.

Army Recruiting
358 Main Street

Army Recruiting
5861 Palmer Park

Cheyenne Trail Liquors
1703 South 8th Street

China Doll Restaurant
3629 Star Ranch Road

DAV
Palmer Park/Peterson Rd.

Drop Shop
7320 S Hwy 85/87

Falcon Dist 49 Administration
Sand Creek High School

Federal Building
1520 E Willamette

Fountain City Hall
106 S Main

Geico
1835 S. Academy Blvd.

H & H Tires
Hwy 85/87

Independent Records
3030 East Platte Avenue

Kelly O'Briens Sports Bar
239 North Academy Blvd.

Loaf & Jug
102 S Santa Fe

Lockheed Martin
By Solos Restaurant

Mama Trino's Pizzeria
1817 South Nevada Avenue

Off Post Barbers
1655 La Shelle Way

Omni Military Loans
2350 S. Academy Blvd.

Park Paralegal
608 South Nevada

Pikes Peak Comm. College (North)
11195 Hwy. 83

Pikes Peak Comm. College (South)
5675 S. Academy Blvd.

Recruiting Office
Cross Road At Citadel

Retired Enlisted Assn.
834 Emery Circle

Ruby Tuesday's Restraunt
1645 N. Newport Road

Solo's Restraunt
1645 N. Newport Road

Starlight Video
490 North Murray Blvd.

Starlight Video
1890 West Colorado

The Inn @ Garden Plaza
2520 International Circle

The Residence @ Skyway
855 Skyway Blvd. #122

VFW
Downtown Pikes Peak

VFW 3917
715 Clearview Dr

VFW Post 6461
753 S Santa Fe

YMCA Southeast
2190 Jetwing Drive

YMCA-Fountain Valley
301 E Iowa Ave

Dagger

From Page 7

15 man elements from a variety of military backgrounds. The TTs are specialized trainers who embed with Iraqi security forces, therefore each transition team's composition is tailored to the mission it is expected to perform in theater.

There are roughly 200 TTs in Iraq and another 75 in Afghanistan at any given time. Feedback from these Soldiers and Iraqi commanders drives the training of future forces preparing to deploy. "We are always updating our training doctrine with lessons learned from in country," Lamb said.

In addition to training TTs preparing for deployment, the Dagger Brigade will train cadre from two brigades of the 1st Infantry Division, which is moving to Fort Riley this summer. Upon completion of a right-seat-ride and certification program, the 1st ID will assume operational control of all TT training.

Transition Teams are making a clear, significant impact in both Iraq and Afghanistan. In Iraq, TTs have trained 216,000 Iraqi security force members, including 125 battalions of military and special police forces. They have also trained and mentored 82,000 Afghan army and security forces.

"We anticipate the Fort Riley Training Mission will have a significant impact in the (Global World on Terrorism). The (Fort Riley Training Mission) is a great leap forward in helping the Iraqis and Afghan militaries become self-reliant," said Lamb.

Albarracin

From Page 9

Albarracin said he hopes his personal achievements in fighting bring attention to the Fort Carson MAC program and can help instill that warrior ethos in our Soldiers.

The MAC program helps teach Soldiers new skills, but Albarracin said the winner of a hand-to-hand fight in combat is the one whose battle buddy shows up first with a weapon.

"I think whether Soldiers ever use combatives in combat is irrelevant," he said. "The positive attributes they receive learning combatives instills in them confidence for unarmed self-defense, fundamental aggressiveness, and gives them the willingness to close in on the enemy without fear. The bottom line is, combatives makes us better Soldiers."

Albarracin said he was excited to learn that he could compete with his wrestling and combatives background even though he hasn't trained in Sambo.

"I submitted a Jiu-Jitsu

fighter with the Americana (bent arm bar), a move taught in level one combatives," he said.

Now, Albarracin is preparing for his upcoming competitions, but said his future is to concentrate on wrestling as his ultimate goal is to make the Olympic team and represent the Army in wrestling.

"I'd like to thank 7th Infantry Division for allowing me to pursue my athletic endeavors and compete in these competitions," Albarracin said. "I won't let them down. I plan on continuing to win gold medals and continue to bring attention to the MAC program."

The program itself is something Albarracin and Staff Sgt. Keoki Smythe, the noncommissioned officer in charge of the program, said they want to enhance and improve upon.

Albarracin said eventually every post is going to have a MAC program and he believes Fort Carson could become one of the premier training locations due in part to the instructors and the access to elite Olympic athletes and coaches in combat

sports such as wrestling, boxing, Tai Kwon Do, Judo and Sambo.

Smythe agrees that Fort Carson could be one of the top places to train.

"Our post program is behind other posts that have MAC programs such as Alaska, Fort Bragg, Fort Bliss and others," Smythe said. "They all have their own facilities dedicated for combatives. They also have teams put together to send Soldiers out to compete in the Army tournament and other events such as the National Grappler's Association and Grappler's Quest."

Smythe said he looks forward to working with Albarracin.

"I think he can bring a lot to the program," he said. "I am excited to learn from him and his experiences as a World Class Athlete. It's nice to have someone out there representing the Army and our post program. Hopefully, he can bring more support to our program to help it grow."

For more information on the Fort Carson MAC program contact Smythe at 360-7378 or e-mail him at keoki.smythe@us.army.mil.

COMMUNITY

Army couples build 'Strong Bonds' at dinner

by **Spc. Courtney Pace**
2nd Brigade Combat Team

On May 2, the 2nd Brigade Special Troops Battalion, 2nd Brigade Combat Team, 2nd Infantry Division, had a marriage retreat dinner for Soldiers and their families as a part of the Army's Strong Bonds Training that helps couples and families communicate.

The 2nd BSTB's dinner was at the Flying W Ranch. The dinner is one example of the numerous ways the battalions in 2nd BCT are implementing the fundamental values in the Strong Bonds training.

Chap. (Maj.) Jeff Zust, chaplain for 2nd BCT, said the program was established by the chief of chaplains and is a way to allow couples to communicate.

It has been an active program in the Army for two years, Zust said, but this is the first time since Korea that 2nd BCT has been able to implement the program with all family members present.

"The program is designed to train families in couple's communication," Zust said.

To accomplish this, Zust said the program uses the Prevention and Relationship Enhancement Program course that aids in communication, enables couples to utilize the five love languages and utilizes the his and her needs aspect.

The PREP course teaches couples how to communicate and understand where the other is coming from, Zust said. It enables them to have quality time away from stressors of the Army to talk to one another.

"It's to build strong bonds within families, not show them how to live their lives," Zust said.

The five languages of love, Zust said, are taught as a model that is visualized as a gas tank, but instead it's called a love tank.

The love tank can be on full or empty, like a gas tank, and the five love languages work like gas to fill it up, Zust said.



The different languages, Zust said, are doing good deeds, words of affirmation, physical touch, quality time spent with each other and the giving of "gifts."

Each language has weight, depending on the individual, Zust said, which either fills their tank up to full or only half way.

The focus of the training in this area, Zust said, is to allow the couples to understand what aspects work best for each other.

The third aspect is his and her needs, which Zust said focuses on different things that males and females need.

All of these aspects are combined in the overall program to help as a continued part of deployment recovery and to help build strong communication in families to help prepare for future deployments, Zust said.

Zust said he would have to agree with the saying that the hardest job in the Army is that of the Army spouse.

"It's helping couples strengthen

because deployments demand a lot from families," he said.

The one-day, off-site dinner is one part of the program, which is usually followed by a two-day, off-site retreat where more communication topics are discussed, Zust explained.

A requirement to attend the retreat is to have been present at the dinner as the training builds from the prior event, Zust said.

A third phase of the program is Army Family Team Building, which is a program for spouses new to the Army, Zust said.

The program allows new spouses to learn about the Army and provides them with information for becoming an Army spouse, such as resources, Army and military history and techniques on how to deal with the stresses association with the Army such as deployments, Zust said.

The brigade has adopted the program, Zust said, but is powering the responsibility of creating individual events down to the battalions.

Each battalion has chosen something different such as the location of their dinner and retreats, but Zust said the 10th Special Forces Group led the way on modeling the retreats and was very helpful as was Chap. (Capt.) Kevin Mateer, chaplain for the 10th Special Forces Group.

Zust said 2nd BCT isn't the only unit on Fort Carson to implement the Strong Bonds Training as others are doing similar programs.

The 2nd BSTB's dinner is one example of how the program is utilized, Zust said. The dinner featured Nate and Jill Nugin from Army Community Service, Zust said.

The Nugins led the program that focused on the five love languages.

From here, the battalion is offering a two-day retreat to Beaver Run Resort in Breckenridge where the PREP couples communication will be the focus, Zust said.

Other battalions in the brigade have done similar dinners and are looking forward to their retreats, Zust said.

Spouses enjoy day of pampering

by **Wendy Brez**
Pikes Peak YMCA

More than 350 military spouses were treated to haircuts, hairstyling, facials, photography, catered lunch, crafts, a fashion show and more Tuesday at the Southeast YMCA.

The Spouse Appreciation Day was an opportunity for the Southeast YMCA and the military to say "thank you" to all the spouses for what they go through.

Hairdressers from local salons donated their time and talents to style and cut the hair of hundreds of military spouses.

"We want to give back to the people who give so much for us. We want to do something for them that will get their struggles off their mind," said Brandi Alfonzo, a stylist with Toni & Guy.

Heather McCann, a marketing specialist for Fort Carson's Directorate of Morale, Welfare and Recreation said that events like these keep people together. "We all support each other. We have a great group of women who are all going through the same thing and we lean on each other," she said.

There was a relaxing feeling throughout the YMCA as spouses had an opportunity to take time

for themselves that they don't usually have.

Stacy McGown, mother of four, seldom takes time to have her hair done. "My family's needs come before mine. With an event like today's, I don't have to worry about scheduling. I can just enjoy myself."

Others like Icy Martin came to the YMCA to have fun and see her friends. She knew she wanted to get her hair done and have a picture taken with her son for her husband. She also wanted to see the fashion show.

"Our biggest challenge as a military family is missing the special days. But things like this really help," said Martin.

Community briefs

Miscellaneous

Summer reading program — Grant Library is accepting registration for the summer reading program. Pet lovers are invited to join the “Paws, Claws, Scales and Tales” program. The 2006 summer reading program is open to youth 5-12. The library will host readings, songs, crafts and other activities each Wednesday from 10-11 a.m. beginning May 31 through July 12. There will be no program July 5.

To help encourage reading throughout the summer, readers will set goals for the season and families are invited to the read-to-me portion of the program.

Registration begins May 31. For details call Kevin Bokay at 526-8144 or e-mail Kevin.Bokay@us.army.mil.

Scion Slam returns to Carson — Teams of Soldiers, family members and civilians can compete for cash and prizes from 8 a.m.-3 p.m. Saturday in the parking lot at the Special Events Center, bldg 1829.

The Scion Slam is a 3-on-3 basketball tournament and custom car show. Additional information can be found by visiting www.scion.com/scionslam/.

Stars and Stripes Father’s Day messages — Stars and Stripes Newspaper offers a free online message posting service for Father’s Day. Messages will be accepted until May 30. Messages will be printed in the paper and displayed online. Visit the Web site at <http://fatherday.stripes.osd.mil/> for details and posting.

Armed Forces Bank hours — Beginning June 10, the drive-up services at Armed Forces Bank will change to Monday-Friday 8:30 a.m.-5 p.m., closed Saturday and Sunday. Other services remain unchanged.

Scholarships — ThanksUSA.org has been allocated \$4 million in scholarship funds by Congress to be awarded to spouses and children of military members. Scholarship applications must be received by May 30. For details visit the Web site at www.thanksusa.org/main/index.html.

Canine competition — If you enjoy running and have a canine companion that does too, plan on participating in the 5K Pet Fun Run May 20. The event happens at Turkey Creek Ranch. Registration is free and begins at 8 a.m. at the OK Corral. The race begins at 9 a.m. Prizes include veterinary services, grooming and other gift certificates. For details call 526-9841.

Chiropractic clinic moves — Evans Army Community Hospital is realigning clinics to better serve the existing patient base. As part of the realignment, the chiropractic clinic is being moved to the west end of the second floor of Evans to bldg 1150, located on the corner of Ellis and Barkeley. The clinic will be closed for moving Thursday-May 22 and will begin serving patients at the new location May 23. New hours of operation will be: Monday-Thursday, 7 a.m.-4:30 p.m.; Friday, 7 a.m.-3:30 p.m. The clinic will be closed from noon-12:30 p.m. for lunch. The phone number for the clinic remains the same; 526-7834. Appointments should be made by calling 264-5000.

FCOSC 2006 Scholarship winners — Congratulations to the 2006 Fort Carson Officers’ Spouses’ Club Scholarship winners. Spouse winners are: Gina DiNola; Kelsey Mercuri; Kathryn Looney; Kimberly Drown; and Honor McQuinn. High school senior winners include: Julious Grant; Jessica Sanchez; and Brittney Moore. Continuing education winners are: Katharine McMaster; Alexander Patton; Brandon O’Neill; Matthew Herring; and Emily Wade.

PT route changes — Beginning May 30, the installation physical training run route will move from Magrath Avenue to Minick Avenue and the tank trails. Minick Avenue and the tank trails will

be closed to vehicular traffic from 6:30-7:30 a.m. Beginning May 30, Magrath Avenue will remain open for traffic during normal PT hours.

Teen Scene at EACH — Teenage mothers and moms to be are invited to a program beginning Wednesday at Evans Army Community Hospital. There will be “how to” classes, field trips and games. The group meets the second Wednesday of every month in the third floor conference room at EACH. For details call Rhonda Tulensa at 526-7030 or Carissa Sullivan at 526-7090.

Build-A-Bear for charity — Attend a Build-A-Bear Workshop May 20 at Chapel Hills Mall for Ronald McDonald House Charities. The event is part of the sixth annual Build-A-Bear Workshop Stuffed with Hugs charitable program. Guests are invited to make a special bear for free to be donated to Ronald McDonald House Charities. The first 200 people at the Chapel Hills Mall location will be allowed to create a bear for charity. The event starts at 10 a.m. Call 532-7265 for details.

Falcon Wanderers — The Falcon Wanderers Volksmarch Club of Colorado Springs is a nonprofit organization that promotes a healthy lifestyle through walking.

Each month the club conducts a Volkssporting event. Volkssporting is a family oriented, noncompetitive walk. The event is free and open to the public. The next event is May 27 at Lovell Gulch near Woodland Park.

Start at 8 a.m. and register for a five-kilometer, 10-kilometer or 12-kilometer trail. Walkers must finish by 2 p.m. Leashed pets are welcome. Jogging strollers can complete the trails with difficulty. For details call 640-6745, 632-9320 or 667-5662.

5th Bn, 7th Cav reunion — The 5th Battalion, 7th Cavalry Association hosts its biannual reunion July 30-Aug. 6 in Colorado Springs at the Academy Hotel. For information call Garry Owen at 390-3684.

Soccer camp — A free soccer camp will be held July 7 from 8:30 a.m.-3:30 p.m. at the field next to Forrest Fitness Center. The event is cosponsored by the Exceptional Family Member Program and the National Sports Center for the Disabled. Registration begins May 31.

The camp is open to all EFMP enrolled or qualified families. Preregister by calling 526-4590.

Host an exchange student — Foundation for Intercultural Travel, a State Department designated exchange visitor program, is currently matching international students ages 15-18 with host families in the local area.


Families of all types are eligible to host, retirees to single parent families. Students arrive about one week before your school’s start date and bring their own money for clothes, entertainment and miscellaneous expenses. They have their own medical insurance.

Host families agree to provide room and board and to include the student as a family member. All students speak English. For details call (877) 439-7862.

Risk Communication Workshop — An introductory risk communication workshop will be held Aug. 22-24 at Embassy Suites Hotel in downtown Colorado Springs. Register online for this event at <http://chppm-www.apgea.army.mil/risk> or e-mail Suaquita.Perry@us.army.mil. Call (440) 436-4936 for more information.


YMCA Military Outreach — The YMCA located at 2190 Jet Wing Drive hosts a variety of family-oriented programs geared toward military families. For more information call Lorraine Thorson at 622-3564.

Free shipping supplies — The U.S. Postal Service is offering free mailing supplies to military spouses and family members. The kit includes enough supplies to send 15 packages, including tape and customs forms. To order call (800) 610-8734,



Army Community Service
Family Readiness Center, Bldg 1526
TEL: (719) 526-4590

3rd ACR Relocation Workshop



Preparing to PCS?
If so, this workshop is for you.
The ACS Relocation Readiness Program
will be offering Relocation Workshops
to provide you and your family
with the useful information to help
answer the many questions you may
have about relocating. We here at ACS,
want to make you & your families
transition as smooth as possible.

Monday, 22 May Tuesday, 23 May

6:00P.M. to 8:00P.M. McMahon Theater

Limited childcare available. Prior registration
for the workshop and childcare are required.

press 0 for customer service and ask for “care kit.”

Post Traumatic Stress help — “LZ Calvary” is a small group Bible study and support group for veterans experiencing the effects of post traumatic stress disorder. Join a group of veterans who are experienced in combat-related problems and who have successively dealt with the memories and effects of combat as we work through PTSD-related problems through the study of God’s word, fellowship and group discussion. Meetings are held Mondays at 10 a.m. at Grace Brethren Church, 2975 Jetwing Drive. Call Robert P. Schaffer at 390-8096 or 510-6009 for more information.

Post fitness center hours — Post fitness centers’ hours have been adjusted. Hours of operation include:

- Forrest Fitness Center, bldg 1843 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 9 a.m.-5 p.m.

- Garcia Physical Fitness Center, bldg 1856 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 9 a.m.-5 p.m.

- Waller Physical Fitness Center, bldg 2357 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 3-10 p.m.

- McKibben Physical Fitness Center, bldg 1160 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 6 a.m.-3 p.m.

Modern Army Combatives Program — Fort Carson Soldiers and family members can learn combatives from 6-8 a.m. or 6-8 p.m. Monday-Friday. For more information including meeting locations call Capt. Shawn Wray at 330-8305.

Alcoholics Anonymous — Alcoholics Anonymous meetings are held at Soldiers’ Memorial Chapel Wednesdays at 7 p.m. For more information call 322-9766.

Army author ...

Spouse's book helps families with moves

Army News Service

WASHINGTON — It can leave a person overwhelmed with stress and anxiety, but military families must endure it over and over — moving.

One Army spouse claims she's developed techniques that relieve some of the stress and make moving enjoyable.

"It's time to take a different look at PCSing," said Sandee Payne, a freelance organizer and decorator who has relocated seven times in 10 years to follow her husband's military career. "From now on, think of it as your 'positive change of surroundings.'"

Payne has compiled her hard-earned knowledge into "That Military House: Move it, Organize it & Decorate It."

The how-to guide contains decorating tips and techniques for dealing with the specific challenges military families face when moving. It's these ideas that helped Payne look forward to moving rather than dreading it, she said, adding that she hopes the book will do the same for readers.

Among the obstacles Payne addresses is the lack of storage space

families often find in their new homes. She suggests using closets, cabinets and furniture to hold items frequently used so they're quickly accessible when needed.

Decorative pieces — such as baskets — placed throughout the house can double up as storage space, and articles put away in additional storage areas should be in labeled containers, she added.

Payne also recommends purchasing furniture and decorative accessories that are modular and can fit in a variety of spaces, and that are also neutral and traditional.

"Character and style can be easily introduced to a home's décor through the use of accents like pillows, vases and artwork," says Payne. "When the desire for a new look or trend arises, a rather small element can be purchased to achieve it."

For window treatments, Payne suggests curtains that work in a variety of rooms. She also offers instructions for creating tiebacks, making longer curtains shorter and shorter curtains longer.

"I like to approach every move as a blank canvas, to experiment with

other decorating techniques that I may want to use in my retirement home someday. These moves are a good opportunity to be refreshed, to regroup and begin again in a new community," she said.

Payne said making moving more efficient and less stressful comes down to four simple concepts: being prepared, organized, clutter-free and open-minded.

"An open mind helps movers get creative when using household and decorative items for something other than their intended purpose," she said. "For example, cloth napkins can be neatly folded over a curtain rod as a decorative valance."

Being clutter-free also helps.

"If you've gone through, organized and purged down to the things you really need, then you're not going to

be overwhelmed with piles and piles of things and nowhere to put them," she said.

The book is available at Payne's Web site www.thatmilitaryhouse.com.



Payne

A mother's love unconditionally true

**Commentary by Chap.
(Lt. Col.) Greg Borden**

United States Army Garrison

In the cartoon strip "Momma," a young son runs up and says, "Hi, Momma! Can you sew on this button, in a hurry? And iron these slacks? And give me a cold glass of water? Thanks, Momma. Got to run." Momma looks at him leaving and sighs, "In the Indy 500 of life, mothers are the pit stops."

Or, there was the little girl who was reciting memory work in front of the entire church. In front of such a crowd her mind went blank. In the front row, her mother was almost as frantic as the little girl.

The mother gestured, moved her lips, trying to form the words for the girl but it did no good. Finally, the mother, in desperation, whispered the opening phrase of the memorized Scripture: "I am the light of the world." Immediately the child's face lit up and relaxed and a smile appeared on it as she said with supreme confidence: "My mother is the light of the world!" Of course, everybody smiled and some laughed out loud.

Upon further reflection, the little girl, in many ways, was right. For the mother is the light of the child's world.

There was a commercial on television in the '70s that showed a sick child being loved and cared for by his mother. She gave him some medicine and tender-love and care, and the little

one responded sincerely, "Mothers are like that, yeah, they are!"

The Bible is full of examples of caring mothers who demonstrated this faithful characteristic. Hannah prayed for Samuel and he turned out to be a great judge and man of God. Elizabeth trained John to be the man of God he had been destined to become. She was a mother of spiritual insight and conveyed those traits to her prophet son, John the Baptist.

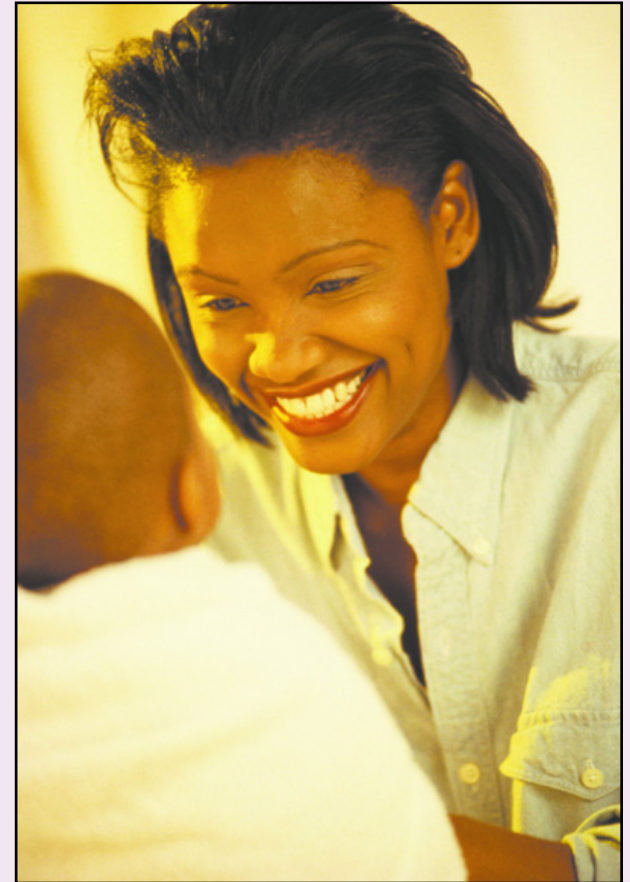
Of course, most of us are familiar with Mary, the mother of Jesus. She had been there at the beginning. Mary had been faithful in loving and supporting her son throughout his early formative years. She had also confirmed her love and support for her son during his dramatic years of ministry. Mary was there when He suffered on the cross and affirmed him in his calling.

History has also given us some mothers who helped to influence their successful children. Susanna Wesley raised a handful of children and taught them to pray and love the Lord. Two of her sons, John and Charles, later became the founders of the United Methodist Church.

Lillian Carter was instrumental in the development of her son, Jimmy, as a man of integrity and care for others. Mother Teresa didn't have a natural family of children, but the thousands of children she helped in the slums of Calcutta, India, gave witness to her positive impact and loving concern.

This Mother's Day, as we remember the

significance of mothers and surrogate mothers, may we send up a little prayer for those mothers who are living and making a difference. Think about this Spanish proverb as you pray: "An ounce of mother is worth a pound of clergy."



Chapel

Catholic religious education — The Catholic Religious Education process will begin Aug. 28. Registration forms are available at Soldiers' Memorial Chapel in the library. For more information contact Pat Treacy at 524-2458.

Catholic faith information classes — Inquiry sessions will begin July 17, 8 a.m. at Soldiers' Memorial Chapel. Adults who are interested in becoming Catholic and those who want to learn more about the faith are encouraged to attend. Call Pat Treacy 524-2458 or Chap. (Col.) Richard Goellen at 526-5769.

Fiesta Vacation Bible School — will be conducted at Soldiers' Memorial Chapel June 12-16, 9 a.m.-noon. Registration will continue through May 28 or until slots are filled. Fiesta Vacation Bible School is for children age 4 through sixth grade. Parents are invited to join in the fun. Volunteer positions are available. Those interested in volunteering should contact Amy West at 337-7399. Child care for children under age 4 is provided for volunteers.

Calling all volunteers — Volunteers are needed for chapel programs. Contact Dennis Scheck at 526-5626.

Youth program invites sixth-12th graders — The chapel youth program invites all sixth-12th grade military youths to Soldiers' Memorial Chapel Sundays from 4-5:30 p.m. Individual programs are offered for grades six-eight and nine-12.

The program is sponsored by the Fort Carson Protestant and Catholic congregations.

For more information call Chap. (Capt.) Rick Cantrell.

New Services — The Lutheran/Episcopal service starts May 21 at Prussman Chapel. For more information call Chap. (Lt. Col.) Michael McEwen at 526-0459 or Sgt. Michael Custer at 526-0453.

New Protestant Samoan service at Veterans' on Nelson and Martinez starts Sunday at 9 a.m.

Chapel Schedule

ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/576-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Meeker/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Züst/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/231-9511

JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

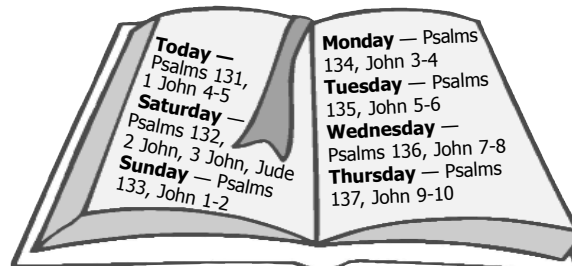
WICCA

Monday	6:30 p.m.	bldg 4800, corner of Harr and O'Connell	Rhonda Helfrich/338-9464
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NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

Daily Bible readings: To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



The Army Cycle of Prayer — Please pray this week for the following:

Unit: For the Soldiers and leaders of the United States Army Reserve 88th Reserve Readiness Command, headquartered at Fort Snelling, Minn.

Army: For the Soldiers, non-commissioned officers and officers of the Judge Advocate General Corps in their mission to provide legal assistance to Soldiers and families, and counsel to commanders around the world.

State: For the Soldiers and families from the state of Minnesota. Pray also for Gov.

Tim Pawlenty, the state legislators and municipal officials of the North Star State.

Nation: For all mothers in celebration of Mother's Day Sunday. Pray additionally for the men and women who serve in all branches of the Armed Forces in celebration of Armed Forces Day May 20.

Religious: Pray for all Soldiers and families of The Free Methodist Church. Pray also for the chaplains endorsed to military service by this community of faith.

For more information on the Army Cycle of Prayer visit the cycle's Web site at www.usarmychaplain.com

Facts about West Nile Virus, Avian Influenza

by Sgt. Alicia Swails

Fort Carson Veterinary Treatment Facility

West Nile Virus is a mosquito-borne disease that can lead to potentially serious impact on human health.

Humans may become infected with WNV after receiving a bite from an infected mosquito.

Symptoms usually develop between three and 14 days after the bite occurs. Approximately 80 percent of people that are infected with WNV will be asymptomatic leaving no way to determine if an illness will develop. Twenty percent of infected people will display some or all of the milder symptoms associated with the disease.

The mild symptoms may include headache, fever, body aches, nausea, vomiting, swollen lymph glands or a skin rash on the stomach, back or chest.

About one in 150 people infected with the disease will suffer a more serious illness. Serious illness may be characterized by headache, high fever, neck stiffness, stupor, disorientation, coma, tremors, convulsion, muscle weakness, vision loss, numbness or paralysis.

It is possible for these symptoms to last several weeks and result in permanent neurological disorders. At this time, there is no vaccine or specific treatment for WNV. However, with the proper treatment for the displayed symptoms most people who become infected fully recover.

Controlling mosquito populations is paramount in protecting you and your family

members against WNV. Mosquitoes lay their eggs in standing water; therefore, it is very important to eliminate as much standing water as possible from around your home. Eliminating potential mosquito nurseries can be done with proper disposal of tires, cans and any other containers that have the ability to retain water.

Roof gutters should be cleaned regularly to prevent clogs which result in standing water. Pools that do not have a cover should be turned over after use, and ornamental pools and bird baths should be monitored and cleaned regularly.

The elimination of standing water, while very important, does not entirely prevent mosquitoes from inhabiting your area. Therefore, additional steps must be taken to help protect you and your loved ones from WNV.

If doors and windows are left open, screens should be checked and maintained in good condition. If you are planning on going outside use of insect repellent. Also, wearing clothes that cover areas of exposed skin will assist in the prevention of a bite.

It is important to remember that mosquito activity is at its highest at dusk and at dawn. You may want to consider staying indoors during these times.

Avian Influenza, or the Bird Flu, is another virus that must be kept in mind. Influenza viruses are naturally carried by wild birds and rarely result in illness.

Unfortunately for domestic birds, these viruses

can be harmful and can even cause death. Domesticated birds usually become infected due to contact with the saliva, nasal secretions and feces of an infected bird.

For humans, the possibility of becoming infected with Avian Influenza is very low, but possible. However, infection can result in severe illness and even death.

The symptoms associated with this virus may include fever, cough, sore throat, muscle aches, eye infection, pneumonia and severe respiratory diseases. Human infection is usually due to contact with infected domestic poultry or with the surfaces in which they have inhabited.

It is rare for the Avian Influenza to be spread from one human to another. To protect yourself from the virus, wild birds should only be observed from a distance. If contact is made with a wild bird, refrain from touching your eyes, eating, drinking and smoking until your hands have been properly cleaned using soap and water.

In the event that a sick or dead bird is found, avoid touching the animal. Instead, the Fort Carson community is asked to report dead birds for collection and testing to the Directorate of Environmental Compliance and Management, West Nile Virus Action Officer at 526-5141, Monday through Friday between 7a.m.- 3:30p.m., or the military police at 526-2333 during nonduty hours, weekends and holidays.

For birds found at PCMS the PCMS DECAM Facility Manager should be contacted at 524-0123.

Summer getaways on a budget

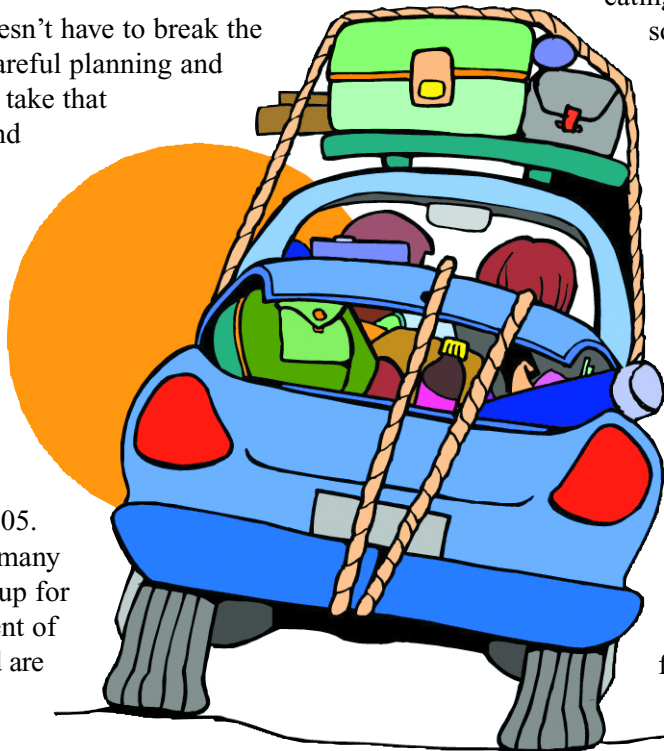
Take Charge America

Are you ready for another sizzling summer? Whether your goal is to beat the heat or dive right in, your summer getaway doesn't have to burn up your budget.

Mike Sullivan, director of education for Take Charge America, a nonprofit credit counseling company, said even if you're stretched for cash, you can still indulge in some much needed rest and relaxation.

"A vacation doesn't have to break the bank. With some careful planning and budgeting, you can take that summer getaway and still have cash left over," he said.

A recent survey from the travel Web site Expedia.com shows 31 percent of employees didn't use all of their vacation days in 2005. Now, it looks as if many are trying to make up for it. Thirty-two percent of employees surveyed are planning to travel more this year.



"Everyone needs a break from the daily grind once in a while," said Sullivan. "Money doesn't have to be a barrier between you and a vacation."

Here are six tips for finding affordable and fun getaways:

Do your research — Start researching possible destinations in advance. Compare a variety of hotels and travel options, and keep in mind these aren't the only major costs associated with a vacation. Look

into the prices of meals, where you'll be eating, entertainment expenses and

souvenirs. You may also want to consider an all-inclusive vacation, so you know exactly how much you'll be spending.

Start budgeting now — If you budget vacations throughout the year, you won't feel the pinch when it comes time to take off. Set aside a small amount of money each week or month to use for vacations. When you are on the trip, create a maximum-dollar-per-day spending limit, and stick to it. You should resist the temptation to "charge it." Credit card bills can add up quickly while on vacation, and falling deeper into debt can make life on the home front that much more stressful.

Plan ahead ... or procrastinate — If you plan to fly, purchase your tickets either far in advance or at the last minute to find discounted prices. This also applies to all-inclusive vacations and cruises. For last-minute deals visit www.lastminutetravel.com.

Be flexible — It is easier to find discounted flight and hotel packages if you are flexible with dates and times. Consider taking a red-eye flight or book your flights for off-days. Flying on Friday or Sunday is often more expensive than flying on a Tuesday or Wednesday. Rates are also higher on holiday weekends.

"Coupon clip" your vacation — Go where the deals are. You can get discounts on hotels and flights if you book them together. Search for hotels that offer perks such as complimentary breakfasts or free long distance or Internet. If you need a rental car, select a small economy vehicle to save on gas. Another money saver: pack your own snacks.

Jump on the bandwagon — Travel in a large group or with friends and family. Many vacation destinations offer group discounts. You can also split the cost of gas, food and entertainment. If you can't afford to pay for lodging, visit friends or family in another part of the country and stay with them (offer reciprocal accommodations in your hometown). They should also have tips on tourist and local hotspots.

Editor's note: Soldiers and family members can get information on local tours and travel deals from the Information, Tickets and Registration office at 526-5366.



Photo by Spc. Clint Stein

Not guilty

Fifth-grade students at Mountainside Elementary School, center, take part as jurors in a mock civil court trial between B.B. Wolf and Mr. Pig May 5 in the school's auditorium. There was a second trial between Cinderella and her step sisters. Members of the Fort Carson Staff Judge Advocate's Office played the characters during the trials to help teach the children about the legal process in recognition of National Law Day.

Internet information request: legit or not

Better Business Bureau of Southern Colorado

The Better Business Bureau of Southern Colorado would like to remind consumers to “play it safe” on the Internet and protect their personal information when shopping, banking or investing online. The Internet offers a convenient, easy and safe means to shop for products and services only when consumers use common sense and select reputable merchants.

“If you don’t know the sender of an e-mail and you provide personal information, it’s like handing over your wallet to a stranger on the street,” said Carol Odell, chief executive officer. “You run the same risk when you submit information on a Web site that does not reveal its physical location, doesn’t provide a customer contact and doesn’t say how your privacy will be protected.”

While there are many trustworthy merchants offering products and services through the Internet, the BBB suggests the following to ensure a satisfactory online shopping experience:

- Keep personal information private. Never disclose your Social Security number, mother’s maiden name, bank account number or other personal information. This information is not necessary to make a purchase. Never give your password to anyone, including your Internet service provider.
- Always check a Web site’s privacy policy. Do not disclose your physical address, phone number or e-mail address, unless you know who is collecting the information, why they are collecting it and how they will use it. Look for a seal from a reputable

organization certifying the site’s privacy commitments.

- Learn how to recognize spam. Indicators that an e-mail is spam include senders whose names you don’t recognize, typos and misspellings in the subject line, and prices that seem “too good to be true.”

- Make certain the Web site is owned by a reliable business. If the vendor is unfamiliar, conduct searches on the Web by going to www.betterwhois.com. Or, go to our Web site at bbbsc.org to check the company’s reliability report.

- Pay the safest way. It’s best to use a credit card because you have dispute rights if there are unauthorized charges. Before transmitting your card number, check to make sure the Internet connection you will be using is secure. You know a site is secure when there is a little lock icon in the bottom right corner of the screen and when you see an “s” in the URL after “http”.

- Never enter your personal information in a pop-up screen. Legitimate companies don’t ask for personal information via pop-up screens; that’s a popular tactic of identity thieves. Install pop-up blocking software to avoid this scam.

- Keep your computer secure. Use spam filters, anti-virus and anti-spy ware software, and a firewall. Keep them up to date.

- Regularly view your credit card and bank account statements online and as soon as you receive them by mail. Notify your financial



institution immediately if you suspect someone is using your accounts without your permission.

- Check with the BBB of Southern Colorado before you disclose information or make a purchase.

To report any suspicious activity people should contact the Federal Trade Commission. Send the actual spam or e-mail to uce@ftc.gov. To file a complaint with the FTC, visit the Web site at www.ftc.gov or call toll-free, (877) 382-4357.

The FTC works with the consumer to help prevent fraudulent, deceptive and unfair business practices in the marketplace.

People can also file a complaint with the Military Sentinel database at www.consumer.gov/military.

If a service member is concerned with fraud issues he can call the Fort Carson Legal Assistance office at 526-5572 or 526-5573 to set up an appointment with a legal assistance attorney.

Summer heat increases energy demands

Directorate of Environmental Compliance and Management

Colorado's summer sun promises some warm temperatures on the way. Garrison officials prepare an annual energy policy to ensure energy efficiency is followed during the summer to keep utility expenses in check.

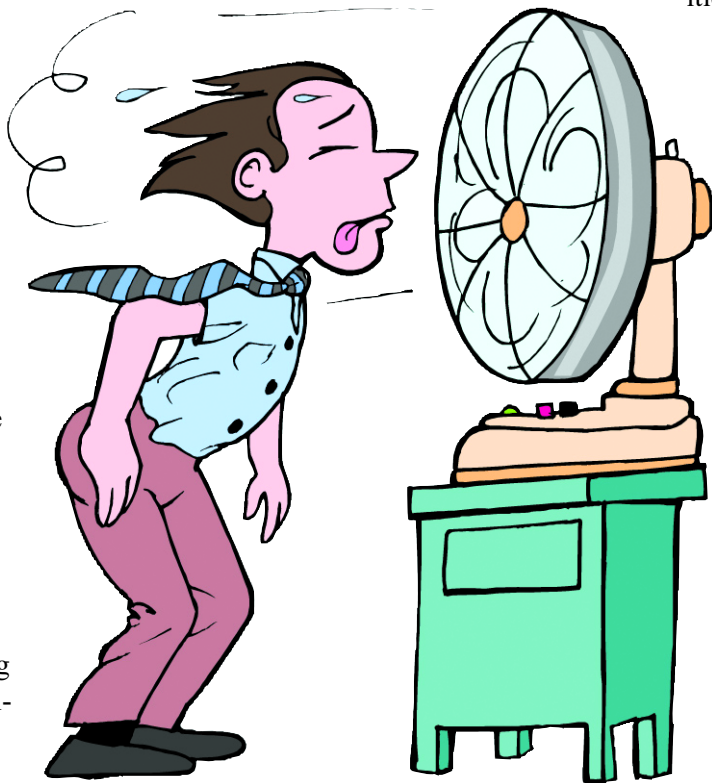
The use of natural ventilation, fans and evaporative coolers (also known as swamp coolers) are the preferred methods of cooling for Colorado's dry climate. Air conditioning is the least desired and costliest cooling alternative. Installation requests for air conditioning must be processed through the Directorate of Public Works and the Directorate of Environmental Compliance and Management.

All air conditioning purchases need to comply with requirements for elimination of

ozone-depleting chemicals and the maximum energy efficiency affordable. Approval for the use of air conditioning is based on whether the facility's electrical system will support the request and on the following criteria.

Authorized areas for air conditioning include:

- Rooms containing equipment requiring a controlled atmosphere, e.g., mainframe computers or servers (not personal computers).
- Medical and dental facilities (patient care areas).
- Division and brigade main conference rooms when occupied.
- Dining areas, recreational facilities, commissary, the post exchange and shoppettes.
- Barracks where available.
- Buildings on the heating and cooling plant.
- Day care facilities.
- Facility rooms occupied by individuals with recognized medical conditions that require a controlled atmosphere.



• Family housing. (Contact Fort Carson Family Housing at 226-2268 for more information.)

Most building cooling systems will be turned on June 1 and will be shut down again in September. (Heat was turned off May 1 and will not be turned back on until Oct. 1.). Some exceptions may apply such as medical facilities and will be handled on a case-by-case basis through DPW.

Installation areas authorized air conditioning can not be cooled to a temperature lower than 78 degrees Fahrenheit and medical facilities are authorized a temperature no lower than 70 degrees Fahrenheit. Air conditioning units with temperature controls must be set at the authorized cooling temperatures listed above. The DPW will maintain appropriate cooling temperatures for those systems controlled by the utility control system on Fort Carson. Air conditioners will not be turned on when the outside temperature is below 78 degrees Fahrenheit.

When purchasing new air conditioners, energy efficiency must be considered. New central air conditioners must have a seasonal energy efficiency rating of 12 or higher, and a room air conditioner must have an energy efficiency ratio of 9.5 or higher.

Air conditioners must be turned off at the close of business each day unless the facility is occupied or has sensitive equipment cooling (mainframes or servers).

All windows and doors must be kept closed

Water conservation still priority

Directorate of Environmental Compliance and Management

Communities around Fort Carson continue to encourage voluntary water conservation measures as dry conditions persist on the plains. Fort Carson has to do its part in helping the Pikes Peak region conserve water in order to protect the ability to train future Soldiers and preserve the quality of life here.

Through complying with the Colorado Springs Utilities water restriction program over the last four years and improving the water using infrastructure, Fort Carson has reduced its annual water use nearly 45 percent (more than 400 million gallons per year). To continue the water reduction successes under the Fort Carson sustainability program and save installation funds, the garrison commander is maintaining watering restrictions even though city restrictions have recently been lifted.

Outdoor watering on Fort Carson will be kept to a minimum with a maximum three-times-per-week watering schedule. The golf course is one exception as it will be allowed to water more frequently due to the use of non-potable water.

Unless justified by unusual circumstances, occupants are asked to water after 7 p.m. or before 9 a.m. to maximize the effectiveness of watering. Less wind and heat reduce stress on

plants and allows for greater water penetration.

Units are required to use the Central Vehicle Wash Facility to wash military vehicles rather than motor pool wash racks unless the CVWF is closed. Motor pool wash racks are intended for maintenance cleaning only and require hoses with a shutoff nozzle. Wash rack hydrant leaks or other leaks need to be reported promptly to the Directorate of Public Works Service Order Desk at 526-5345.

Special plans and permits

New xeriscaping, sod or seed, which needs extra watering to become established, requires specific approval by the DPW. Watering exceptions for reviving barren areas or construction sites must also be obtained from DPW.

Alternative water management plans may be approved by DPW for special circumstances, such as implementing the Fort Carson Landscape Plan or for heavily used athletic or playing fields.

Hydrant use is limited to essential purposes, including dust mitigation and supplying water to construction sites where water service is unavailable. An operational shutoff valve will be used as a condition of receiving a hydrant permit.

Special permits and plans (xeriscaping, sod or seed permits; alternative water management plans and hydrant use permits) should be requested through the DPW, bldg 305, room 115, 526-1695. Copies of all special permits and plans must be

maintained on site for review. Violations can result in revocation and increased inspections at sites.

General water-saving tips

- Turn off watering systems on rainy days or when it is windy.
 - Position sprinklers so that water lands on the lawn or garden, not in areas where it is not needed.
 - Weeds are water thieves and will rob plants of water and nutrients. Spot spray or remove weeds as they appear.
 - Longer grass surfaces promote deeper rooting and shade the root zone. Never remove more than 1/3 of the leaf blade in one mowing. Return mulched clippings to the lawn.
 - Wash only full loads of laundry and dishes.
 - Take short showers versus tub baths.
- To report a water leak in facilities other than family housing, call the DPW Service Order Desk at 526-5345 for repairs. Water leaks in family housing should be reported to Fort Carson Family Housing at 579-1605.
- For more information about water conservation call the DECAM at 526-1739 or the DPW at 526-2927. For information about water use in Fort Carson Family Housing call 226-2268.
- Visit the Colorado Springs Utilities Web site at <http://www.csu.org/> for additional water conservation tips and xeriscape landscape information.

Dry year prompts fire cautions

by Spc. Clint Stein

Mountaineer editor

A gusty wind, dry conditions and a small spark or flame is all it takes to create a wildfire.

And, as most veteran residents of southern Colorado know, the conditions around the area are primed for a wildfire season.

Already this year there have been several wildfires throughout southern Colorado, including Colorado Springs.

On April 17, a grass fire broke out in Fountain causing around 100 residents to evacuate and roughly 35 businesses to do the same. Fortunately, no homes or businesses were destroyed in the fire. From the time the fire started until the time it was contained, just hours later, it had burned nearly 1,800 acres of land.

On the same day of the Fountain grass fire on the opposite side of town near Cimarron Hills, another grass fire burned up two campers and threatened eight homes. By the time the fire was contained, it had burned about 13 acres of land. That fire, said Chief Robert Helton, Cimarron Hills Fire Protection District chief, was most likely started from a cigarette.

Because of the climate in southern

Colorado, something as small as a cigarette butt or tiny pieces of hot ambers from a campfire is enough to burn thousands of acres. As a result of this climate and the possibilities of such wild fires, southern Colorado is under a stage one fire restriction.

The restriction prohibits building, maintaining, attending or using a fire, campfire, any type of charcoal fueled broiler or open fire of any type in undeveloped areas. The use of fireworks, to include sparklers, is prohibited.

Smoking, except within an enclosed vehicle or building, in a developed recreation site or in an area three feet in diameter that is barren or clear of flammable materials, is also prohibited.

Violations of a stage one restriction may result in a fine of up to \$600, but the result of the fire itself could be much worse. Colorado Springs Fire Marshal, Brett Lacey said, "If the right conditions were present, it's feasible that we could lose as many as several hundred homes during a wildfire, and in as little as two or three hours."

To get more information about fire restrictions call 575-8400 or a copy of the Open Fire Ban Ordinance can be seen by visiting www.coloradofirechiefs.org.



Fort Carson firefighters keep watch over a prescribed grass fire downrange.

Photos courtesy of Fort Carson Fire Department
Wildfires can start with the smallest spark and spread out of control within minutes.



In a matter of hours, a wildfire can burn thousands of acres of land and destroy hundreds of homes under the right conditions.



Wildfires are capable of jumping over roads and highways during high wind conditions.

Currently, southern Colorado is under a stage one fire restriction until further notice, in part due to the dry conditions.

Motorcycle accidents rise Armywide

Tony O'Bryant

Forces Command

Racing at speeds more than 190 miles per hour while balancing on two wheels, inches from the ground, makes perfect sense if you are a professional motorcycle drag racer.

But it does not make a lot of sense if you are a Soldier speeding more than 100 miles per hour on a public road on a motorcycle.

These are the sentiments of Antron Brown, who is the Army-sponsored National Hot Rod Association Pro Stock Motorcycle Drag racer.

"I race a high-powered motorcycle in a controlled environment. I don't have to worry about a deer coming out in front of me. Safety is involved with everything we do," said Brown, who took the time to address this issue during the Summit Racing Equipment NHRA Southern Nationals in Atlanta May 4-7.

Motorcycle accidents claimed the lives of 11 Soldiers during the month of April alone, according to the Combat Readiness Center's Web site.

The rate at which Soldiers are dying in accidents has dramatically increased within the last couple of years. Eight months into this fiscal year, 24 Soldiers have died in motorcycle accidents. During that same time span in 2004 there were eight fatalities. The number of total accidents during the same span is almost the same, but the fatality rate in 2006 is three times higher.

"The first thing for a Soldier to do who has

recently purchased a high-performance motorcycle is to go to a test and tune night at a local drag strip," states George Bryce, who is the owner of Star Racing. Test and tune events are commonly held a couple times a week throughout the country at local drag strips. That provides a forum for people to both get their speed fix and to do trick riding in a safe and controlled environment. Local drag strips participating in test and tunes can be found by a simple Internet search and by talking to the dealerships where high performance bikes can be purchased.

Bryce is considered by many to be one of the most respected sources on motorcycles, racing and speed. He has been racing and building bikes for more than 30 years and is a six-time NHRA Champion team owner. Bryce has trained 80 percent of the current NHRA pro-stock motorcycle racers including both of the Army-sponsored racers.

His pupil, Brown, won the Southern National racing a bike that can move from 0-100 mph in just two seconds and weighs more than 550 pounds.

But on the street, Brown rides in a totally different way. "I'm the type who rides to live another day," Brown said. Each time he rides he wears all of the necessary protective clothing and equipment while following the rules of the road.

Brown believes that Soldiers should take the time to mentally and physically prepare themselves when they ride their bikes. "If you want to stay alive, it's like a Soldier on a battlefield, you wouldn't go to war without your helmet or Kevlar; the same

applies to the proper protective equipment you wear for your bike. You also need to aggressively watch what is going on around you on the road, so you can drive defensively."

This fiscal year, four fatalities in the Army have been directly related to excessive speed, with many other cases citing speed a contributing factor to the accident, according to the Combat Readiness Center's Web site.

"I respect the guts that it takes to be a Soldier today," Bryce said. "They go through life-threatening and dangerous experiences that I cannot relate to. They ride because it provides a way to channel or release some of those stresses and feelings."

The Army NHRA Pro Stock Motorcycle team has dominated the season so far by winning the first three events of the year. Brown is in first place in the standings overall just ahead Angelle Sampey, the other Army-sponsored dragster.

During the past off-season they volunteered to sharpen and refresh their basics skills by training with George Bryce and also the Frank Hawley Drag Racing School. They are already well-accomplished, well-trained professionals, but they understand the risks of riding motorcycles.

"What makes us pros is not how well we can ride, but how well we can use our minds. You can't do anything without being safe and having respect for your motorcycle," Brown said.

Those interested in the Fort Carson Motorcycle Safety course or would like information about the course, can call (303) 789-3264 or (866) 536-5081.



Out & About

May 13-19, 2006

Proudly Brought to You by Your Fort Carson Directorate of Morale, Welfare and Recreation
Visit us at www.ftcarsonmwr.com

FREE *Sky Sox* BASEBALL TICKETS



AT ALL FORT CARSON MWR FACILITIES

Tickets available now.
Get em' while they're hot!

Game day is May 21, 2006

Gates Open at 12 pm - Game Starts at 1:05 pm

\$.25 HOT DOGS!!!



For more information please call 719-526-4494



Military Spouse Appreciation Week May 14 - 21

Golf 101

Clinic for spouses & children at Cheyenne Shadows Golf Club, Building 7800
May 21 starting at 1 p.m. and May 24 starting at 5:30 p.m.
Please sign up in advance • 524-4102

Free Bowling

For spouses & children at the Thunder Alley Bowling Center, Building 1511
May 21 from 1 p.m. - 3 p.m. • You can win great prizes!
For information: 526-5542

Swimming Pool Family Night

Free swim at the Indoor Pool, Building 1446
May 17 from 6 p.m. - 8 p.m.
For information: 526-3107

Library Story Time

Stories, puppets, music, games and crafts activities at Grant Library, Building 1528
May 19 starting at 1 p.m.
For information: 526-2350

YS Family Ice Cream Social

Cost will be \$1.00 per person or \$3.00 per family at Youth Services, Building 5950
May 19 from 5 p.m. - 8 p.m. • Please sign up in advance
For information: 526-2310



Military Spouse Appreciation Week May 14 - 21

Trail Ride with Steak Dinner

Turkey Creek Ranch is offering a trail ride that includes a horse ride to a steak dinner destination with a singing cowboy and camp fire. cost is \$25 per person.
May 12 starting at 5:30 p.m. Please call for reservations.
For information: 526-3905

Xtreme Date Night

Medium one topping pizza and two drinks for \$9.99.
at Godfathers Pizza, Building 1532
May 19 from 6 p.m. - 8 p.m. For information: 576-7540

Xtreme Pool Tournament

Couples scotch doubles tournament with alternating turns.
Prizes, music and entertainment, Building 1532
May 19 starting at 8 p.m. For information: 576-7540

Outlet of Castle Rock Shopping Trip

Bus will leave from the Outdoor Recreation Complex.
May 20 from 9 a.m. - 4 p.m. For information: 526-5366

3 on 3 Basketball

Garcia Gym is hosting 3 on 3 basketball games.
Sign-up is available at all Physical Fitness Centers.
May 20 from 9 a.m. - 4 p.m. For information: 526-8663



Military Spouse Appreciation Week May 14 - 21

Red Rocks Canyon Day Hike

Free guided tour for spouses and children, Building 2429
May 20 from 9 a.m. - 12 p.m.
Sign-up deadline is May 20 at 12 p.m.
For information: 526-5366

Oil Change 101

Free class for spouses at the Auto Craft Center, Building 2427
May 24 from 2 p.m. - 3 p.m.
For information: 526-2147

Stained Glass Class

Free class for spouses at Smith Craft Center, Building 2426
May 20 from 10:30 a.m. - 3 p.m.
Please sign-up by May 19
For information: 526-0900

Computer 101

Free class at the Grant Library that introduces and defines the Internet and the World Wide Web, Building 1528
May 19 starting at 9 a.m.
No registration required
For information: 526-2350



SPORTS & LEISURE

Lady Mountaineers capture second place



Lady Mountaineer third baseman Tasi Mafoe, left, gets set to fire to first base to get a batter during action Saturday at the Mountain Post Sports Complex.



Lady Mountaineer Maylen Gaspar drives the ball to left field during action Saturday at the Mountain Post Sports Complex.

Story and photos by
Walt Johnson
Mountaineer staff

It was the first time the Fort Carson Lady Mountaineers softball team had a chance to show its stuff this year and after the tournament was over, the team had a second place showing and the promise of an exciting year to come.

The Lady Mountaineers fought their way to the championship game after winning the first game of the tournament and then going up against the team that would eventually win the championship, Ball Breakers, a youthful team from Pueblo.

One of the things that Cathy Satow, Lady Mountaineers head coach, wanted to see was how her team would respond to its first competitive games of the year. The team has been practicing since early April and it was finally time to look across the field and see other athletes and have the goal of winning instead of learning how to play with each other.

The first game went well for the post team at the Mountain Post Sports Complex as it won and moved on to meet the Ball Breakers. The Ball Breakers handed the post team its first defeat of the season forcing the team into the losers bracket.

The post team won its next two games in convincing fashion using an outstanding offense and good defense to secure victories.

That set up a rematch with the Ball Breakers, with the post team needing to win two games to win the championship. The first contest was a successful mission as the post team beat the Ball Breakers to set up a winner-take-all game.

Both teams accepted the challenge of the moment and the title game was played very closely before the Ball Breakers were able to push across three decisive runs that gave them the victory.

After the tournament Satow said she was proud of the way the team played because "we played with good team communication and synergy. The fact that we have a team of mature, seasoned ball players was very evident as we battled from adversity to get to the title game. All of our players were consistent and steady with our offense and defense throughout the tournament."

Named to the all tournament team from the post team were: Jennifer Conrad and Tasi Mafoe. Winning player of the game honors in individual games were: Monica Figueroa, Maylen Gaspar (three home runs and three triples), Connie Welch and Mafoe (two home runs and a triple).



Lady Mountaineer second baseman Dixie Roberts looks toward first base for a play after recording an out at second base.

On the Bench

Aces win softball title at Mountain Post complex

Story and photo by
Walt Johnson

Mountaineer staff

The Fort Carson Aces, the post varsity softball team, made good use of its familiar surroundings to win the E level of the Triple Crown softball tournament Saturday at the Mountain Post Sports Complex.

The tournament was the first leg of the three-leg event designed to get teams eligible for the World Softball Tournament in August and featured a number of outstanding teams from Colorado.

Bryant Rushing, Aces head coach, brought his young team into the tournament fresh off a second place finish the previous week at the Mountain Post Sports complex knowing it would take even more of an effort to even get that far in this tournament. Rushing's team responded to the challenge by posting a 4-1 record for the tournament and winning some close games to

prove it was ready to take its place among the elite of the Colorado softball arena.

The post team ran off victories over Farlander, DER Windows and Team Drama to reach the championship game of the tournament during action Saturday morning and afternoon. After defeating Team Drama, the post team had to wait more than three hours before playing its next game and when it did take the field at twilight, the momentum the team built up seemed to go away as fast as daylight was disappearing.

As the championship round began, the post team saw the same Team Drama group it defeated earlier coming out of the losers' bracket ready for some revenge and the chance to steal the championship.

The teams played virtually even for the first four innings and then as quickly as the sun set behind the mountains and day



Fort Carson Aces outfielder Angelmo DeLa Cruz scores ahead of an attempted tag at the plate during action Saturday at the Mountain Post Sports Complex.



Photo by Walt Johnson

Advancing to home

An Outlaws' runner stops at third base during action Saturday at the Mountain Post Sports Complex. The Outlaws lost all three games in the D-level Triple Crown tournament.

Bench

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turned into night, the Aces' usual strength, defense, betrayed the team. The Aces made so many unforced errors in the field it looked more like an intramural team than the post varsity team, dropping a decision to Team Drama that set up a winner-take-all game for the championship. Rushing said he and his team both were at a loss to figure out what happened in the defeat but knew what needed to happen to make the second contest have a different result.

"That was the first time we played at night and for some reason we just made a lot of errors that we don't normally make because we just weren't seeing the ball well. We knew it was going to have to be a different story if we were going to win the second game," Rushing said.

The post team then went out and played the way it did for the opening part of the season, tightening up the defense and getting timely hits to earn a 15-11 victory in the championship game and praise from its coach for overcoming the first adversity the team has faced this year.

"We had to lose that first game in order to play Aces' softball," Rushing said jokingly. "I guess we didn't play enough during the tournament to stay fresh and then playing our first night

game took an adjustment. These players have a lot of character and it showed as they beat a number of good teams to get to the title game and then came back and won the championship," Rushing added.

In each of the team's wins, the outstanding player was, in order of games played, Joey Green, Joseph Monroe, Nate Sonnier and Bryant Rushing.

The Scion 3-on-3 military basketball tournament is coming back to the Mountain Post Saturday at the Special Events Center.

Action will begin at 7 a.m. and is scheduled to run until 6 p.m. According to the rules of the tournament, any player wishing to participate must be 17 years old by Saturday. Players also must be in the following categories: active duty, retired military, Reservist, National Guard, Department of Defense civilian and other DoD identification card holders and their spouses and family members. Registration forms are available at any of the fitness centers on post.

The Colorado Springs Sky Sox, the top farm affiliate of the Colorado Rockies, will return home Thursday to open a series against the New Orleans Zephyrs at 7:05 p.m. One of the highlights of each season at Security Service Field is the

Mountaineer Sports Feature

Going for gold

Fort Carson's Tony Claiborne will be among many military athletes that will take part in the National Physique Committee's 2006 Pro Body Building and Fitness Show at the Convention Center in Denver Friday and Saturday. Activities Friday kick off at 6 p.m. while Saturday's events take place at 9 a.m. and 6 p.m. This is the first pro show in Colorado in more than five years and will feature many national and international bodybuilders and fitness athletes. Military members from the Mountain Post and other military installations in Colorado Springs and Denver are scheduled to take part in the competition, that, according to promoter Jeff Taylor, should be the most exciting thing in this sport to come along in a number of years. Tickets can be purchased by going to the Web site www.coloradoproshow.com or TicketsWest from the National Physique Committee Web site, www.jefftaylor.com.



Photo by Walt Johnson



Photo by Walt Johnson

Intramural softball

Kelly Markin, 43rd Area Support Group, laces a base hit to right field during intramural action Monday at the Mountain Post Sports Complex. The intramural softball season begins Tuesday at the complex.

Bench

From Page 35

annual salute to Fort Carson activities. The team has scheduled May 21 as Fort Carson Appreciation Day when it will host the New Orleans Zephyrs in a 1:05 p.m. game. Free tickets for the military appreciation day will be available at the Information, Ticket and Registration office.

Cheyenne Shadows Golf Club and Fort Carson Child and Youth Services are getting together to sponsor a junior golf tournament this summer at the post golf course each Tuesday in June and July.

Registration is currently under way for the junior golfing activity and is open to boys and girls ages 5 to 17. The cost for the program is \$35 per individual and the program is scheduled to run from June 6 to July 25.

There will be different times for each age groups and the times are as follows: Ages 15 to 17, 9 to 10 a.m.; ages 12 to 14, 10 to 11 a.m.; ages 8 to 11, 11 a.m. to noon; and ages 5 to 7, noon to 1 p.m.

For more information on the program call the youth center at 526-2680 or the golf course at 526-4102.

The Colorado Rockies are

celebrating military appreciation days at Coors Field this year.

The next dates will be Monday through Wednesday when the Los Angeles Dodgers will be in town to play the Rockies.

The Rockies are offering discount tickets in the outfield box, pavilion or upper reserved infield seating area for just \$6 per ticket. In order to get the tickets call (303) 762-5437 and say you are calling for the military appreciation days' tickets.

These tickets will not be available at the stadium ticket windows. You must state that you are an active member of the United States military or a military veteran and provide reference number 741532.

Other dates for military appreciation days are: June 5-7 (Pittsburgh Pirates), July 31 and Aug. 1-2 (Milwaukee Brewers), Aug 29-31 (New York Mets) and Sept. 7-10 (Washington Nationals).

The post running team is looking for runners to help form this year's squad.

The team trains year round in order to compete in local and national races. Any runner interested in being a part of the team should show up at the center at 6 a.m. on Tuesday, Wednesday and Thursday at the Special Events Center.

Mountaineer Fitness Feature

Situp for fitness

Forrest Fitness Center aerobics instructor Eric Voelker goes through a yoga class with students recently at Forrest Fitness Center.

The center has classes six nights a week and for all types of fitness needs. The

May aerobics schedule at the center is:

Monday, 10 a.m., Yoga; 5:30 p.m., 20-20-20;

Tuesday, 6:30 a.m., Spinning; 9 a.m.,

Cardio Mix; 9 a.m., Spinning; 5:30 p.m.,

Kick boxing; Wednesday, 10 a.m., Yoga;

4:30 p.m., Spinning; 5:30 p.m., Toning;

Thursday, 6:30 a.m., Spinning; 9:00 a.m.,

Spinning; 9 a.m., Cardio Mix; 5:30 p.m.,

Yoga; Friday, 9 a.m., Spinning; 10 a.m.

Yoga; and 4:30 p.m., Kick Boxing.

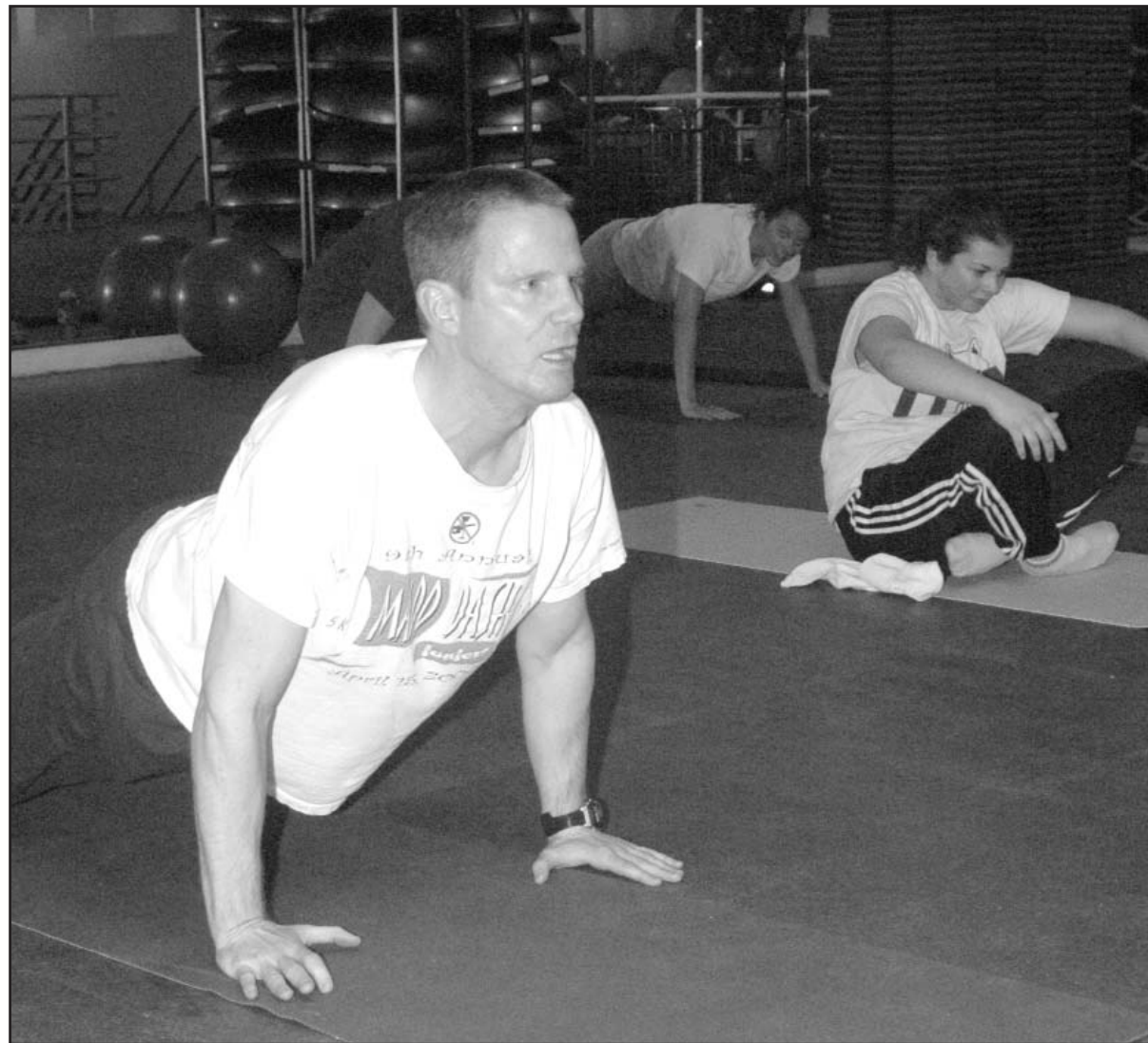


Photo by Walt Johnson

The world's highest suspension bridge ...

Royal Gorge Bridge

Story and photos
by Nel Lampe

Mountaineer staff

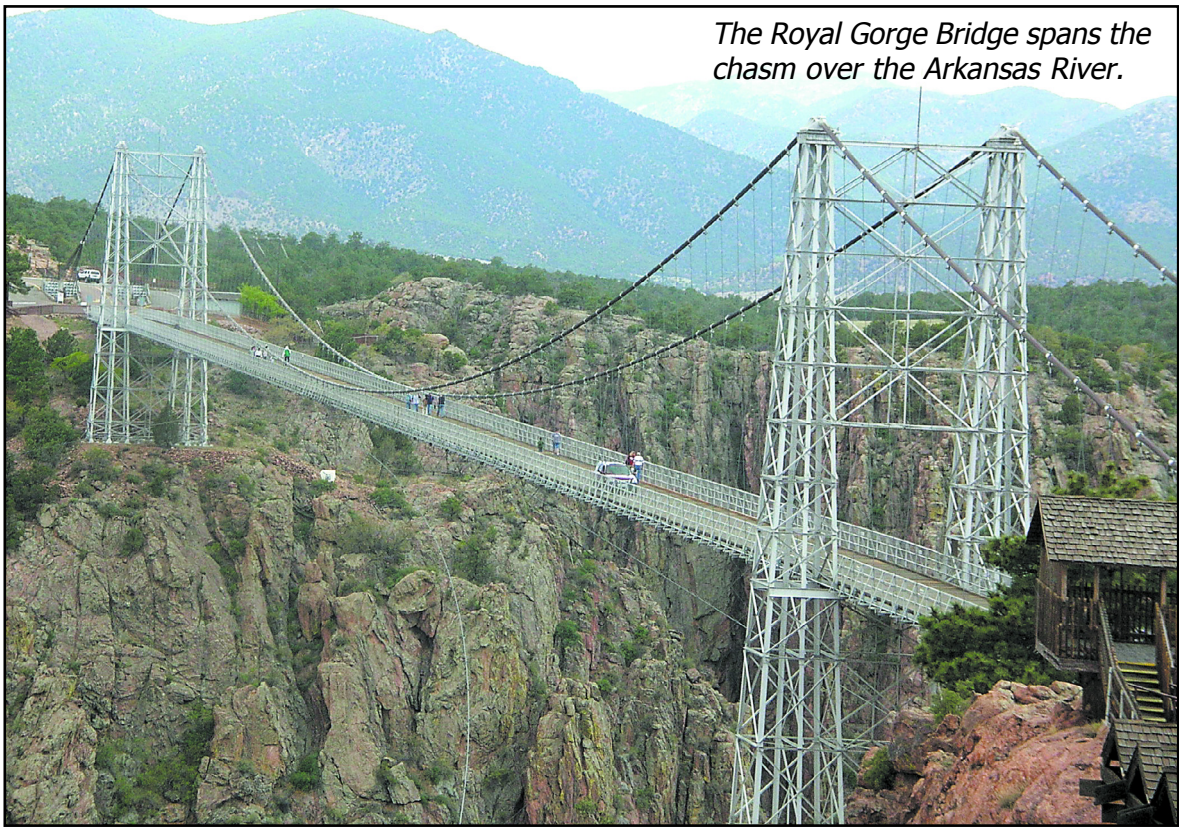
The Royal Gorge Bridge and Park, near Canon City, is sometimes called one of the wonders of the world.

The world's highest suspension bridge also has the world's steepest incline railway, the world's longest single-span aerial tram and the world's highest and scariest Royal Rush Skycoaster in the theme park.

During May, Soldiers, retirees and their families can visit the bridge and park for half-price. The Royal Gorge Bridge observes Military Appreciation Month. Regular admission price is \$21 for adults, but those with military identification will be charged \$10.50. Children ages 4-11 are usually charged \$17, but children in military families will be charged \$8.50.

Adults can also buy an annual passport for half price during May. An annual passport is good for entry all year.

The Royal Gorge suspension bridge spans a chasm cut by the Arkansas River over millions of



The Royal Gorge Bridge spans the chasm over the Arkansas River.

years. The river is now 1,053 feet below the bridge.

The bridge came about when Congress gave the property to the nearby city of Canon City for a park.

Canon City citizens decided to build a bridge as a tourist attraction. The bridge leads nowhere except to the other side of the gap. And it's been attracting thousands of visitors since 1929.

A bridge building company from Texas was hired and building was soon under way. Some 80 local workers were hired to work on construction and the

bridge was completed in a remarkably short time – from start to finish in less than six months. Remarkably, there were no fatalities during the bridge's construction.

Wire and steel used in construction was manufactured at the steel mill in Pueblo and 300 tons of No. 9 galvanized wire were used. A thousand tons of steel is contained in the bridge's floor.

The bridge is anchored to granite walls on both sides of the gorge by 150-foot high towers. Three-hundred tons of supporting cables were used. The bridge will support more than 2 million pounds.

The bridge's construction cost about \$350,000. If built today, it is estimated

the bridge would cost well over \$20 million.

In the early years, visitors arrived by train. As automobiles became more popular, tourists began to arrive by automobile. Soon, the Royal Gorge Bridge was a vacation destination.

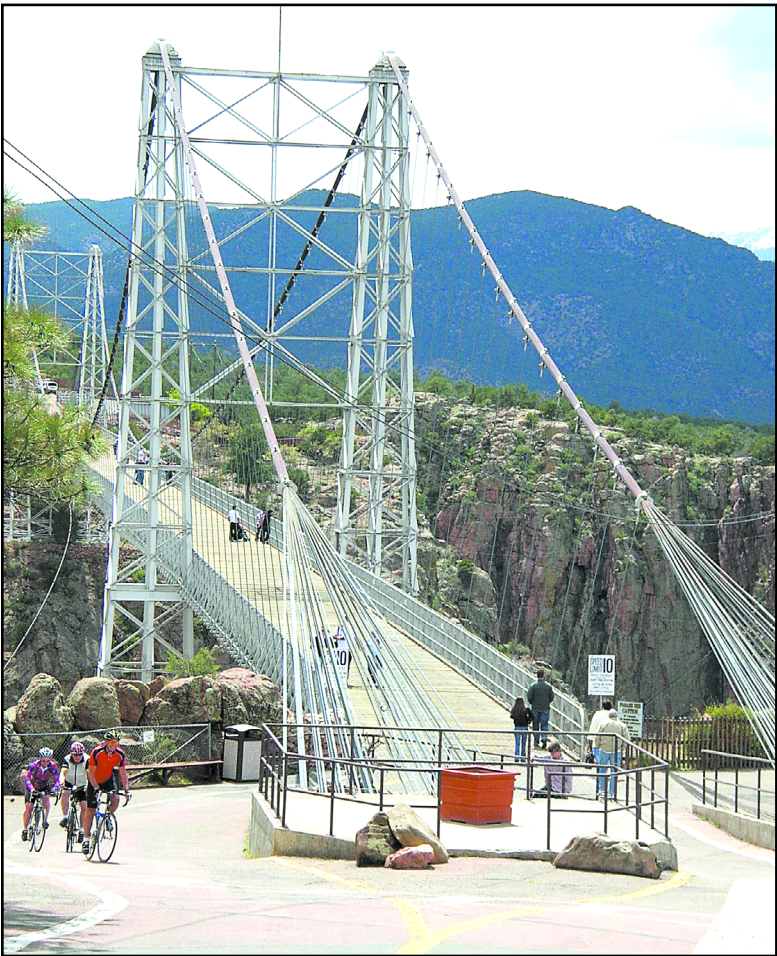
Today, the world's highest suspension bridge draws Colorado visitors as well as tourists from throughout the U.S. and from around the world.

Admission to the bridge and park includes all rides and attractions except the Skycoaster.

Over the years other attractions were added to the 360-acre park.

On the north rim of the gorge are some attractions

See **Bridge** on Page 40

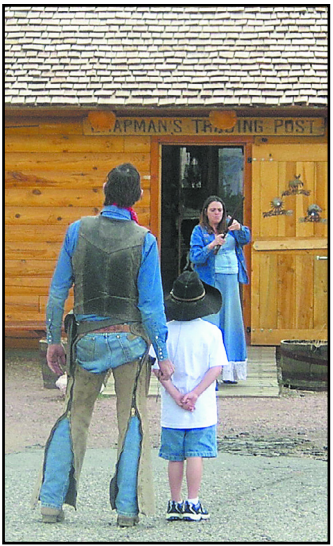


Pedestrians and bikers cross the world's highest suspension bridge Sunday.



Visitors enjoy the view while riding the aerial tram car above the Arkansas River.

Fall Pioneers



Places to see in the Pikes Peak area.
May 12, 2006

Bridge

From Page 39

appealing to children, such as a reproduction carousel. The Silver Rock miniature railway takes a mile-excursion near the entrance. There's also a climbing apparatus for children to play on near the carousel.

Nearby is the visitors' center, where refreshments and souvenirs are available. It's also the loading point for the aerial tram.

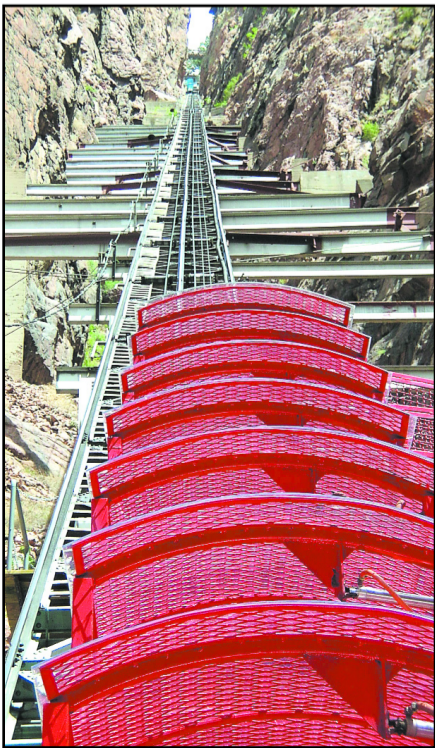
The incline railway was added to the park soon after its opening in 1929. Thought to be one of the most difficult structures ever attempted, the railway was built into a crack in the granite at a 45-degree angle. Built by the same crew that constructed the bridge, it actually took longer than building the bridge.

Rail cars alternately glide up and down the side-by-side 1,550-foot, 45-degree track, each car carrying 30 standing passengers. The ride takes about five minutes to reach the bottom where passengers disembark to take a close look at the raging waters. Sometimes rail passengers get a chance to wave at passing white-water rafters or passengers on the Royal Gorge Route train as it passes. After a few minutes, passengers return to the incline railway stop to return to the top.

The world's longest single-span aerial tram was added to the park in 1968. Visitors ride the tram just for the fun of it, or as an alternate way to cross the gorge. The tram car carries 35 passengers across the 2,200 foot-span.

Visitors can choose to drive over the bridge, walk over it, ride a free trolley, or take the tram for a crossing through the air. If it's a windy day, the suspended bridge does sway somewhat and can be felt by those visitors walking over the 1,292 plank-bridge

Once on the other side of the



The Incline Railway cars traverse a 45-degree angle track.



Pedestrians walk across the 1,292 planks that make up the deck of the Royal Gorge Bridge. The bridge is 18 feet wide and 880 feet in length. More than 300,000 people visit the bridge each year. Many visitors are from Colorado, but foreign visitors add to the mix.

gorge, explore the attractions on the south rim or make a return trip on the tram.

Attractions on the south rim include a theater which shows a 15-minute film about the historic "Railroad Wars" in 1879 when two companies were in dispute over the railway rights. The film also shows footage of the bridge construction.

A 10-acre Wapiti Western Wildlife Park is on the south rim, which includes a herd of elk, several buffalo including a rare white buffalo and big horn sheep. There's also a petting zoo with barnyard animals and free burro rides for small children and a mule-drawn wagon ride.

A Mountain Man Encampment features men and women in traditional mountain clothing living the way the first trappers lived in Colorado. Interpreters demonstrate hunting and living skills of the early 1800s.

The newest attraction in the Royal Gorge Park is the Royal Rush Skycoaster, which may be the scariest skycoaster in the world. Harnessed riders are released from a 100-foot tower, free fall at 50 mph and swing out over the gorge,



Two visitors enjoy a ride on the Royal Rush Skycoaster.

while hanging 1,200 feet above the roaring Arkansas River.

The skycoaster is the only attraction not included in the entry price. Riders pay \$20 for the skycoaster ride, \$17 each for two riders and \$15 each for three riders.

Food booths are on both sides of the gorge, offering standard



Galvanized wire strands make up the 300 tons of cable used on the bridge.

selections of pizza, funnel cakes, soft drinks, ice cream, hamburgers and sandwiches.

For even more savings, buy a ticket during May at the Information, Tickets and Registration Office in the Outdoor Recreation Complex for \$7.25 for adults and \$5.25 for children.

The Canon City area has other attractions: the Dinosaur Depot, Prison Museum, Royal Gorge Route Railroad and Buckskin Joe's Frontier Town and Railway, which is next week's Happenings.

To reach the Royal Gorge, take Highway 115 to Penrose, then take U. S. 50 west through Canon City, continuing for about 12 miles. Signs mark the way to the bridge, which is a few miles south of Highway 50.

There are rafting and helicopter companies and a few tourist attractions near the road to the bridge.

Park in one of the lots near the entrance gate.



Three baby buffalo calves are in the Wapiti Wildlife Park at the Royal Gorge.

Just the Facts

- **Travel time:** about an hour
- **For ages:** all
- **Type:** suspension bridge, rides
- **Fun factor** ★★★★★
(Out of 5 stars)
- **Wallet damage:** \$\$
\$ = Less than \$20
\$\$ = \$21 to \$40
\$\$\$ = \$41 to \$60
\$\$\$\$ = \$61 to \$80
(Based on a family of four)

Get Out!

Hummingbird fest

The free, annual Hummingbird Festival at the Starsmore Discovery Center in North Cheyenne Cañon Park is Saturday from 10 a.m.-4 p.m. Activities include live entertainment, face painting, vendors, walks, hummingbird watching and special children's activities. Starsmore is at the entrance to North Cheyenne Cañon Park, 2120 S. Cheyenne Cañon Road, a few blocks west of S. Nevada Avenue off Cheyenne Boulevard.

Fort Carson appreciation

The Colorado Springs Sky Sox baseball team is hosting Fort Carson Appreciation Day May 21 at Security Service Field, just off Powers Boulevard on the east side of Colorado Springs. The Sky Sox play the New Orleans Zephyrs at 1:05 p.m. Free tickets are at the Information, Tickets and Registration office in the Outdoor Recreation building.

Pikes exhibit

A new Pike Bicentennial Exhibit opens with a family event May 20 at the Pioneers Museum, 215 S. Tejon. "Marketing the Mountain" is an exhibit about using Pikes Peak as a tourist draw. The exhibit includes souvenirs sold over the years. The event includes music, balloon animal art, a Pikes Peak Hill Climb

race car and mobile museum, an alligator, a blacksmith demonstration and a tepee. The event and exhibit are free.

Colorado Springs Philharmonic

The Colorado Springs Philharmonic presents "Pick of the Pops!" May 20 at 8 p.m., at the Pikes Peak Center. Tickets start at \$12, call 520-SHOW for tickets.

Pikes Peak Center concerts

The Pikes Peak Center upcoming concerts include:

"Judy Collins," May 19 at 7:30 p.m.
"Children's Chorale," May 21 at 3 p.m.
"Dora the Explorer," May 30, 4 and 7 p.m.
"Stomp," June 13-18.
Tickets can be purchased at 520-SHOW.

The circus is coming

Ringling Bros. Barnum & Bailey circus, "The Greatest Show on Earth" is in the World Arena June 14-18. Show times June 14-17 are at 7:30 p.m. There are also daytime shows at 11:30 and 3:30 p.m. June 17-18. Tickets are \$13 and \$20, with a military discount for children's tickets; call 576-2626.

Rockies appreciate military

Coors Field has military appreciation days at select Colorado Rockies games in May with the Houston Astros and Los Angeles Dodgers; the Pittsburgh Pirates in June; the Milwaukee Brewers in July and August, the New York Mets in August and the Washington Nationals in September. Call

(303) ROCKIES to purchase \$6 tickets, identify yourself as an active military member or veteran and provide the reference number: 741532. There's a \$2.50 service charge and tickets must be charged to a credit card. This offer is not available at Coors Field ticket windows. See the Fort Carson Web site, www.carson@army.mil for information.

Denver museum

"Body Worlds 2: The Anatomical Exhibit of Real Human Bodies" is in the Denver Museum of Nature and Science through July 23. This exhibit shows bodies without skin in a process called "plastination," showing muscles and organs. There's a special charge of \$10 for this exhibit, but combination tickets are sold for the exhibit, museum, planetarium or IMAX. Go online at www.DMNS.com or call (303) 322-7009 for show times and ticket prices. The museum is in Denver's City Park at 2001 Colorado Blvd.

Territory Days

Old Colorado City celebrates Territory Days along West Colorado Avenue May 27-29 with free entertainment and activities. There'll be food vendors as well. A free shuttle runs from Coronado High School, 1590 W. Fillmore.

Fine Arts Center Theater

"Pirates of Penzance" runs through June 4 at the Fine Arts Center Theater, 30 W. Dale St. Performances are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Tickets are \$26 in advance and \$29 at the door.

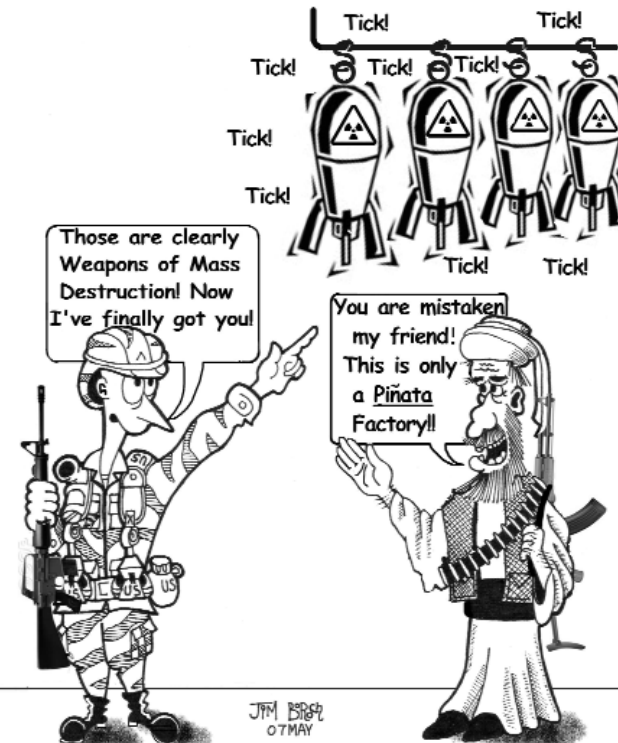


Air Force courtesy photo

Armed Forces Concert

The Air Force Academy Band presents its annual Armed Forces Day concert, along with the Colorado Springs Chorale at the Pikes Peak Center, 190 S. Cascade Ave., downtown. The concert begins at 7 p.m. Tuesday. Tickets to the concert are free but must be picked up at the Pikes Peak Center box office or the World Arena box office.

New Hazard



Editor's note: This cartoon by James Boroch, an active duty Soldier, will appear regularly in the *Mountaineer*.